

Such good sense!
see p. 3



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Teachers strike to protest Gov't appraisals

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Abortion...it's your choice

It is possibly one of the toughest, life-changing decisions a woman may ever be asked to make, yet the subject of abortion in conservative and predominantly Catholic Portugal still remains very much a taboo. (See P. 4)

Portugal again denies part in CIA rendition flights

Foreign Minister Luís Amado said this week no documents exist in Portugal to prove the current Lisbon government, or previous ones, knew about illegal United States transport flights of terrorist suspects through national territory. (See P. 5)

Cristiano Ronaldo is Golden

Manchester United's Portuguese international Cristiano Ronaldo added the Golden Ball trophy to his list of football honours this week, becoming only the third player ever to win the best world player award and the European Golden Shoe in a single season. (See P. 64)

Weekend weather

Lisbon: The capital will record light showers over the weekend, much as it has the past week, but both minimum and maximum temperatures are forecast to climb by between 3° and 5°. **Faro:** Light showers have also been predicted for the south of the country, evenings will be milder than they have been in recent days as thermometers rise near to the 20-degree mark. **Oporto:** The north will be cold and rainy, though no sub-zero temperatures have been predicted, with minimums between 7° and 9°.

Upcoming holiday in Portugal:

December 8th. Some shops and offices may be closed.

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As interest rates, inflation and fuel prices plummet, Government promises a prosperous 2009

SMILING ALL THE WAY TO THE BANK



The Prime Minister, having just announced a €900 million bail-out package for car manufacturers in Portugal, has predicted that consumers will have more cash in their pockets in 2009. This bold statement has so far remained unchallenged by the opposition, who appear to have accepted José Sócrates's argument that the lowest ever interest rates, stagnating inflation and fuel at 2006 prices translate into Portuguese being better off financially than they have been the past year.

Smiling, see p.2

The Minister of Parliamentary Affairs takes on an unusual posture during a sitting this week where MPs discussed the possible bail-out of the ailing BPP bank by the Bank of Portugal. (Photo:Lusa/Tiago Petinga)

Teachers strike to protest gov't appraisals



Pupils of the Gil Vicente Secondary school in Graça react to the teacher's strike. (Photo: Lusa / Mário Cruz)



Teachers across Portugal staged a one-day strike on Wednesday to protest government attempts to measure their performance. Unions said over 90 percent of members had observed the strike call, meaning over 100,000 teachers stayed away from work.

Mário Nogueira, spokesperson of the platform of teachers' unions, told the Lusa News Agency preliminary indications were of a 92 percent adherence among his members who have staged several mass-protests in Lisbon in recent weeks to demand the Socialist government of Prime Minister José Sócrates abandons plans to reform Portu-

gal's education system, including new evaluations for teaching staff.

As many as 120,000 teachers took to the streets of Portugal's capital last month to urge the government to re-think its educational reform measures, aimed to raise school performance levels that are among the worst in Western Europe. *TPN/Lusa*

'Tough times ahead, but unity will get us through', says President

The year 2009 "won't be easy" for the Portuguese who must hold their nerves in the midst of worsening economic indicators, President Cavaco Silva said. He also appealed for "unity" among all Portuguese and not just its political leaders.

"It will not be an easy year, but it must not be a year to lose nerve, to give up," Cavaco Silva said after inaugurating a municipal library at Torres Novas, about 50 kilometres north of Lisbon.

Portugal's leader, an economist and former two-term conservative prime minister, recalled he has already advised his country's business community to continue investing in ventures that are "socially and economically profitable."

Despite projections for lower economic growth in Portugal and the rest of Europe next year, "there are still opportunities" that "we have to exploit" he added.

Before opening the new library Cavaco Silva issued a plea for his countrymen and women to pull together during the difficult times ahead because Portugal cannot "afford the luxury" of being divided.

"We have to leave to one side

everything that can divide the Portuguese. The times call for unity," he stressed, and this responsibility rests with "everyone" and not just the nation's leaders.

Last week, the OECD (Organisation of Economic Cooperation and Development) said that Portugal would be among the Western European countries whose economy will suffer least from the looming 2009 recession.

However, it did forecast potentially turbulent times for the Portuguese economy, saying it would experience a downturn in economic growth of 0.2 percent next year before seeing its economy expand by 0.6 percent in 2010.

With an improved economic state versus its major trading partners, Portugal's trade deficit is expected to drop from 10.9 percent of GDP this year, to 10.2 percent in 2009 and down to 10.1 percent a year later.

Smiling, from p.1.

"Families can look forward to having more disposable income in 2009, which is a direct result of the dropping Euribor and interest rates. This will greatly alleviate mortgage repayments, which are today a significant part of family expenses", argued the Prime Minister.

The Prime Minister was speaking on the eve of the Euro-

pean Central Bank announcing yet another substantial cut in its benchmark rate.

"Families can also expect lower inflation in 2009 and thereby gain buying power, while civil servants will have a level of buying power they have not seen in years", José Sócrates predicted after announcing a package to save the country's car industry while receiving an undertaking that none of the 10,000 workers employed by

manufacturers in Portugal will be made redundant in 2009.

In addition, the price of crude dropped again this week, the Prime Minister recalled, and oil is now 100 USD a barrel cheaper than it was when it peaked at 147 USD in July.

Meanwhile, strict banking regulations in Portugal will ensure that home owners will see the full extent of the latest interest rate cuts reflected in their monthly repayments.

With the European Central Bank having slashed interest rates by 75 base points to 2.5 percent, which follows cuts of a half percent in October and November, even the smallest mortgage holders in Portugal can now anticipate considerable savings.

Unlike Britain, where the majority of banks have absorbed interest rate cuts in an apparent bid to boost their dwindling profits, banks in Portugal are subject to stringent regulations forcing them to pass on any interest rate cuts as soon as they become applicable.

Besides fixed rates, lenders in Portugal offer customers the opportunity to sign up to the Euribor index over a period of either three or six months, with most institutions preferring the first option.

Thursday's cuts will therefore only be felt, at their earliest, next March, while the October 0.50 percent cut will become applicable in January.

Once all these reductions have come into force, home owners can look forward to seeing their monthly repayments fall by as much as a third.

But the good news for home owners is that analysts are predicting further rate cuts, with some venturing as far as predicting a base rate of 1.5 percent during the course of 2009.

A strong argument for further cuts is that Europe is still lagging behind the world's other major economic powers in terms of lending rates.

While the Bank of England slashed rates on Thursday afternoon from 3 to 2 percent, the United States Federal Reserve is sitting on a rate of 1 percent, while

lending in Japan comes at a mere 0.3 percent.

However, banks in Portugal are seeing a growing number of their customers face increased difficulties at meeting their monthly financial obligations.

But once again, a number of measures have been created by banks to allow customers room for manoeuvre in times of economic hardship.

A source at Portugal's largest private bank, Millennium bcp, told **The Portugal News** on Thursday that repossession are a costly and undesirable exercise and banks would rather exhaust all other avenues at their disposal before taking drastic measures against a borrower.

With unemployment rising, pay increases stagnating coupled with the spiralling cost of living, and sky-rocketing divorces, a number of customers have literally been bailed out by Portuguese banks allowing them to hold on to their properties when perhaps in other western countries they would have been out on the street.

While Gordon Brown's move this week to cover some or all the interest on mortgages of people in financial difficulty has received widespread support in Britain, it falls short by moves introduced by some banks in Portugal allowing struggling customers to cut their mortgages by half for up to two years, or cut the percentage but have the 'discount' on repayments extended for up to five years.

A former home owner in the UK told **The Portugal News** he was ordered to pay a £10,000 penalty for paying off the £200,000 mortgage on his London home before the agreed termination of the agreed loan period.

In Portugal the cost of liquidating or transferring a €200,000 mortgage ahead of schedule will be levied at €1,000, a tenth of the cost when compared with Britain.

This minimal cost allows borrowers to move banks relatively easy should better conditions be offered elsewhere, and often, banks will absorb the 0.5 percent penalty in order to secure a new customer.

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Food Bank campaign smashes previous records



The Portuguese Food Bank (BA)'s 'Fight Hunger Campaign' this year broke all previous records by collecting 1,905 tones of food to be distributed throughout the country to the needy.

The campaign was carried out nationwide, held in all major supermarkets where people were encouraged to donate items of shopping, to be passed on to those in need.

Via 1,818 institutions, the food will reach an estimated 245,000 underprivileged people.

BA President Isabel Jonet said, "That means around 2.5 per cent of the population will be helped by the products donated to the food bank".

Held over Saturday and Sunday, the campaign was organized in 1,119 super and hypermarkets across Portugal, a 19 per cent expansion in comparison to last year's food BA rally.

Isabel Jonet believes that the nation is now more receptive to the campaign, possibly as many individuals anticipated a crisis and fear that one day it may be them on the receiving end.

"We do not see this food as an overall answer to all the problems, nor do we want to create a

dependency. This food is, in many cases and depending on whom it is given to, a timely help that will allow a family to survive a more difficult situation".

The Portuguese Food Bank is divided into 14 regional bureaus, from which it is distributed to local charitable institutions that in turn pass the food on to the needy.

"All food is distributed in the place where it is gathered. This allows a certain proximity to those receiving the food as well as better control of the products that are distributed", Sra. Jonet explained.

Around 20,000 volunteers participated in the BA food rally last weekend, making it Portugal's biggest voluntary intervention.

Photo right: Volunteers in Alcântara sort thousands of food packages collected throughout the country during the Fight Hunger Campaign. (Photo: Lusa / Inácio Rosa)



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Casino takings drop for first time since 1980s

For the first time in two decades national casino takings are falling due to the world's current economic crisis. In 2004 traditional gambling also suffered a knock, though then it was due to the surge of on-line gambling, which at that time was considered illegal.

In October profits made in casinos fell by six per cent in relation to the previous month, from €31,976 million to €30,163 million, and the forecast for 2009 is that figures will continue to fall.

According to national casino sources, never over the past 20 years, has such a significant loss in takings been noted.

The only national venue to maintain its profits was Praia da Rocha's Casino.

Comparing the month of October this year to October 2007, Estoril's Casino registered a fall of 6.18 per cent in profits, Lisbon of 0.01 per cent, Póvoa 10.26 per cent, Figueira 6.62 per cent, Funchal 1.29 per cent, Espinho 11.48 per cent, Vilamoura 6.27 per cent and Monte Gordo 14.26 per cent.

Not counting the new Chaves Casino, which was inaugurated earlier this year, the overall average fall in revenue for the month of October in comparison to October 2007 is six per cent.

According to Mário Assis Ferreira, head of the Portuguese Casino Association, "predictably, next year, the fall in revenue will worsen".

"Casinos cannot hope to be an oasis of prosperity in the middle of a general depression", he said, claiming it is necessary to "draw up strategies to increase the number of visitors, so that revenue can stabilize, or, if possible, grow".

To achieve this, Mário Ferreira suggested "investing in expansion, modernization and reformulating the visual and functional aspect of all casinos, creating new services and factors of attraction, entertainment and fun that will allow the company to stimulate client's curiosity as well as attracting new markets".

Three casinos are already in the midst of renovation works; whilst Póvoa's Casino is being upgraded, Lisbon's Casino is being extended by an extra floor and Estoril Casino is undergoing extensive interior and exterior remodeling works.

All three hope to benefit from newly implemented commercial and public relation strategies, and improved client services.

Mário Ferreira agreed it would take "courage to, in the midst of a depression, known how to invest in reconfiguring work to renew the image of a casino".



Abortion...it's your choice



Yolanda Hernandez, director of Clínica dos Arcos.
(Photo: The Portugal News)

It is possibly one of the toughest, life-changing decisions a woman may ever be asked to make, yet the subject of abortion in conservative and predominantly-Catholic Portugal still remains very much a taboo. Most people will know – or know of – someone who has had a termination, though will rarely find themselves openly discussing the matter. Women who have had abortions will seldom talk about it, despite living in a society that claims to be more tolerant and less judgemental of their decision. And so the question remains to be answered: is the choice of motherhood a basic human right or a moral obligation?

The matter of abortion still remains heavily shrouded by a veil of secrecy and shame even as we approach the second decade on this new millennium. It is historically one of modern humanity's most controversial debates; whether, irrespective of the circumstances under which a pregnancy occurs, it is a basic human right for a woman to be able to decide whether she is prepared for motherhood or not.

Views and laws on this issue vary from country to country, reflecting the religious or liberal beliefs of each Government and the population.

In Ireland, for example, abortions are carried out under strict conditions, allowed only if woman's life is at risk, including the risk of suicide. A loophole both the Government and the Church want closed.

In Malta abortion is prohibited in all circumstances and without exception.

Holland, on the other hand, known for being one of Europe's more 'forward-thinking' coun-

tries (depending on individual views), will carry out voluntary terminations on request up to the 24th week of gestation. Abortions are free of charge under the government-sponsored national health insurance system. The Exceptional Medical Expenses Fund covers the cost of the operation. Despite this, and maybe surprisingly, the Netherlands has one of the lowest abortion rates in the world. Contraception is widely available and, with the exception of condoms, is free of charge.

Until last year abortion remained illegal in Portugal, a situation that drove thousands of women to seek abortions in life-endangering, clandestine set-ups or foreign countries. Many fled to neighbouring Spain, where abortions were, and are, legal in private clinics.

On July 15th 2007, Portuguese law was liberalised to allow abortions on request within the first 10 weeks of pregnancy, after a referendum which saw almost 60 percent of voters back the move.

Prime Minister José Sócrates said at the time "the people spoke with a clear voice".

At present, in Portugal, a woman may terminate a pregnancy by choice during the first ten weeks of gestation. Pregnancies can also be terminated up to 12 weeks if posing risk of death or long-lasting, serious harm to the woman; 16 weeks in the case of rape, and 24 weeks if there is certainty of serious disease or malformation of the foetus.

There are only four private, legal abortion clinics in Portugal, and whilst voluntary terminations can be conducted in public hospitals, many women are sent via the National Health System to private establishments as public waiting lists are too long or departments are understaffed. Another obstacle is the fact medical professionals have the legal right to object to carrying out a voluntary termination if it contradicts their moral beliefs.

Tucked away on a backstreet in the middle of the city of Lisbon, Spanish-owned Clínica dos Arcos was the first private clinic in Portugal to carry out legal abortions. It belongs to a group originally established in Spain, which has been specialising in fertility issues since 1983. **The Portugal News** visited the clinic to interview its Director Yolanda Hernandez and have a look around the establishment.

On any given day, the number of abortions carried out at Clínica dos Arcos can vary from 20 to 40. Sixty per cent of their patients are sent via the National Health System.

There is no general majority concerning age or circumstance by which women seek intervention at Clínica Dos Arcos, Yolanda Hernandez told **The Portugal News**, but there is the common denominator that all patients are "exercising their right of choice".

"For some it is a career-related decision, for others it is due to social or economical circumstances, but it is ultimately a personal choice".

Women of all ages and walks of life turn to the clinic for 'help', as unwanted or unplanned pregnancies are not something that only affects the underprivileged.

There is a private entrance at the back of the establishment as well as a VIP waiting room for patients who due to their social statuses or celebrity do not want to be seen at or arriving and leaving the clinic.

Asked whether the clinic had treated anyone famous, Yolanda replied, "We see lots of people".

Operating theatres are equipped with state-of-the-art technology, on par with what is used in Spain and more advanced than what is required by Portuguese law. A number of single and communal recovery rooms are available for patients, who can be in and out in less than two hours.

Brought into the debate is the question of whether a 10-week period (including an obligatory three-day 'reflection period' and taking into account most pregnancies are confirmed at four to five weeks) is long enough for a woman to make a well-informed, conscious decision. It has been reported many women still seek voluntary terminations after the 10-week legal period, possibly as they do not fully understand the law. Many still do not even know they can ask for an abortion via the National Health System.

Regarding this matter Yolanda said, "Health-wise, the earlier the intervention is done, the better".

From being liberalised last July the number of abortions taking place during the first six months of the new regime were calculated as being "significantly lower" than what was the initially projected number, a senior health official said earlier this year. Around 60 per cent of the number expected had voluntary terminations.

According to official figures, 6,099 women underwent legal abortions between July 15, 2007 and the end of the year, roughly 60% of the number that had been first estimated on the basis of statistics from other EU member states that foresaw 20,000 abortions annually in Portugal.

This is contradicted by the director of Clínica dos Arcos, who

believes the real figure is somewhat higher, over 30,000 per year.

In a recent study named 'Abortion in Portugal: The Reality Present and Future', the Portuguese Federation For Life revealed that the majority of abortions take place amongst women in the 25-34 age group, and shows that the number of voluntary terminations being carried out in Europe is growing at a constant rate.

The Pro-Life Association predicts that by the year 2030 one in every four conceptions will be terminated.

So far, no abortions have been documented on the island of Madeira.

Meanwhile, the topic of whether abortion is morally right or wrong continues to cause conflict.

Roberta S. was born into an affluent family in Angola, during a time when inter-racial relationships were frowned upon. After falling pregnant from an illegitimate affair with a native African, **Roberta** made the decision to keep her baby despite the social out-casting she knew she would face from family and friends.

She told **The Portugal News** "I lost everything and went against everyone to be able to keep my baby. I had to face the world and there was no hiding what I had done. In the end I moved to another country. But I loved my baby and I would never have had an abortion."

Years later acquaintances told me that the more people talked about me and criticised me, the more they had admired me for standing by what I believed in. I would never have done things differently, even though others might have".

Upon trying to talk to two or three known cases of unplanned pregnancies – mostly teenage pregnancies – that had ended in abortion (illegal abortions or carried out in foreign countries) and without parent's knowledge, all attempts were met with closed doors.

None of the young women were willing to recount what they had been through.

Carrie-Marie Bratley

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No documents exist relating to alleged CIA flights, says Gov't

Foreign Minister Luís Amado said this week no documents exist in Portugal to prove the current Lisbon Government, or previous ones, knew about illegal United States transport flights of terrorist suspects through national territory.

After a meeting of NATO foreign ministers, Luís Amado responded to reporters' questions on weekend reports in Spanish media that secret documents exist to show the US had requested permission for CIA rendition flights to use Spanish airspace, the Lusa News Agency wrote this week.

Spanish daily *EL País* reported at the start of the week that Portugal was among several countries notified its territory was being used for clandestine CIA prisoner flights.

But Portugal's top diplomat noted the source cited by *El País* "is a Spanish document and the reference to Portugal is made by the journalist and not by the document in question", denying the existence of similar incriminating documents in Portuguese state archives.

"I have no further information and add I have no knowledge of any document in Portugal in either the archives of the foreign or defense ministries to compromise in this area any of the governments in office in Portugal up to the present."

Portugal's Attorney General's office is heading an investigation into the alleged CIA flights through Portugal and all must "calmly wait for the results of this inquiry," added Minister Amado.

Earlier this year, British rights

group Reprieve charged that the United States could not have illegally transported more than seven hundred terrorist suspects to Guantanamo between 2002 and 2006 "without the help of Portugal", which means that around 95 percent of all prisoners at the base passed through Portugal.

The report, entitled 'Journey of Death' concluded that "Portuguese territory and airspace had been used to transfer over 700 prisoners to torture and illegal imprisonment in Guantanamo Bay."

The organisation further states that 728 of the 774 prisoners processed into Guantanamo were transported through Portuguese jurisdiction.

The report was compiled by comparing flight logs obtained from Portuguese authorities, information from the US Department of Defence showing dates of arrival of prisoners at Guantanamo Bay, and unclassified testimony from many of the prisoners themselves.

In the report, Reprieve said it has detailed for the first time the names of these prisoners and their stories.

Flight logs it says it obtained from Portuguese authorities in 2006 reveal that on at least 94 occasions aircraft crossed Portuguese airspace en route to or from Guantanamo Bay between 2002-2006. On at least six occasions



(from L-R) Former British Prime Minister Tony Blair, Spanish Prime Minister José María Aznar, US President George Bush and former Portuguese Prime Minister José Manuel Durão Barroso during a press conference at Lajes military base in the Azores on Sunday March 16, 2003.

rendition aircraft flew directly from Lajes in the Azores to Guantanamo, Reprieve claims.

At the time, Prime Minister José Sócrates washed his hands of any wrong-doing in Parliament.

"I reject and absolutely refute the baseless accusation against our country that Portugal helped or backed any transport of prisoners" by the US CIA, Sócrates said.

"The Portuguese Government

was never consulted on the possibility or authorised" the alleged extraordinary rendition flights through national airports or airspace.

Prime Minister Sócrates added that he had consulted every cabinet member "with responsibilities" in this area and that the Foreign Ministry had "no record that could give the idea" that rendition flights could have passed through Portugal.

"We base our foreign policy on the rules of international law and I'm particularly offended with a report that seeks to place Portugal at the centre of or on the path of infamy", he was quoted by the Lusa News Agency as telling the legislature.

But Reprieve has insisted on Portugal's guilt, and in a statement it demanded that "Portugal carry out a public and exhaustive inquiry and get to the bottom of

these violations of international law".

In London, Clive Stafford Smith, the founder and legal director of Reprieve, said earlier this year Portugal's involvement was crucial.

"The Portuguese Government needs to do some serious soul-searching. None of these prisoners could have reached Guantanamo without Portuguese complicity", he said.

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Portuguese love their birds



On average, per year, each Portuguese will eat around 30 kilos of chicken, which places Portugal at the top of the EU's poultry consumer list, as well as being an EU record.

And according to a Monthly Bulletin for the Fishery and Agriculture Industries in Portugal, the tendency in poultry consumption is one of growth reflected in the breeding of chickens. In August this year, 22.1 tons of chickens were produced, 8.1 per cent more than the same month in the previous year.

Despite this, the Portuguese consume even more pork meat, an average of 41 kilos per inhabitant, per year.

This could be explained by the fact pork meat is cheaper than other meats as well as being favoured for its dietary benefits, being rich in protein and low in calories.

Despite suffering major scares over recent years, namely the bird flu outbreak and, not long ago, warnings in Portugal from consumer rights watchdog DECO

that hygiene in the sector was not up to scratch, officials from the national Veterinary Board have said "there are no reasons for alarm".

Last year the board carried out inspections on birds going to slaughter and only 0.2 per cent was found to be not fit for human consumption.

Portugal, meanwhile, has been declared 'self-sufficient' in poultry production by the National Veterinary Board. Over the past decade production has grown to cater for 92 per cent of its own demand.

Despite importing around 30,000 tons of chicken, it exports 6,000 tons. Concerning eggs, the country imports around 12,000 tons, and exports 14,000 tons.

Photo left: Chicken production in Bombarral. (Photo: Lusa / Paulo Cunha)

Portugal warned over drinking water

The European Commission has sent Portugal a final written warning for not complying with a 2005 European Court of Justice ruling on drinking water.

Nearly eight years after the EU standards took effect and three years after the Court ruling, drinking water in many parts of

Portugal is still unsafe for human consumption.

European Environment Commissioner Stavros Dimas said: "It is unacceptable that after so much time Portugal has still not ensured that drinking water is safe throughout the country. This poses a threat to human health

which must be quickly remedied. Unless this is done the Commission will consider asking the European Court to fine Portugal for each day the infringement persists."

In a case brought by the Commission, the ECJ ruled in 2005 that drinking water in Portugal

breached regulations by failing to comply with seven of the requirements, concerning faecal coliforms, total coliforms, faecal streptococci, sulphite-reducing Clostridia, aluminium, iron and manganese.

Since the ruling the Portuguese authorities have taken a number of measures to address the problem, including the creation of a

single body to manage water control systems, measures to control water quality and disinfect water in distribution networks, and the modernisation of the infrastructure.

However, there have been delays in implementing some of these measures and the water infrastructure projects are not expected to be finished before

2013. Meanwhile the latest monitoring report shows that drinking water in many areas of Portugal still fails to comply with the microbiological limits set out in the Court's judgement.

In view of this unsatisfactory situation the Commission has decided to pursue its legal action. Portugal has two months to respond to the final warning.

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EU calls for focus on prevention and HIV testing



Twenty-five years after HIV was first isolated by researchers, there is still no cure or vaccine against AIDS.

It is estimated that today, more than 30 million people worldwide live with HIV/AIDS, and about 2 million people die every year. Over two thirds of these deaths occur in sub-Saharan Africa. In Europe, more than 700,000 people are living with HIV/AIDS with 30,000 new infections reported annually.

"We need to underline the importance of the threat posed to the world by HIV and not to forget that HIV/AIDS is still a major health problem today", said EU Health Commissioner Androulla Vassiliou.

"We must continue to improve the knowledge, awareness and information on HIV/AIDS,

especially among young people and high risk groups. As long as there is no cure for AIDS, prevention remains the best weapon to combat HIV/AIDS."

Commissioner for Development and Humanitarian Aid, Louis Michel said, "HIV/AIDS is one of the main issues preventing developing countries being lifted out of poverty. We still need to do much more in raising awareness of HIV and how to prevent its transmission across the developing world. We must all work harder to achieve the Millennium Development Goal of halting the spread of HIV/AIDS by 2015. There's no time to lose."

Condoms for Africa

Portugal has delivered 1.5 million condoms, worth a total 80,000 euros, to Guinea-Bissau to mark World Aids Day, Lisbon officials have said.

Receiving the donation from Portugal's High Commission for the Combat of AIDS and IPAD state development agency, Paulo José Mendes, the Bissau Government official in charge of national AIDS programmes, said the condoms would "reinforce the capacity" of national agencies in this field.

Mendes noted there are officially 33,000 AIDS/HIV carriers in Guinea, although this figure is "much lower than in reality" due to difficulties in compiling statistics. Many young Guineans are now going for voluntary AIDS tests due to public awareness campaigns, he added. *TPN/Lusa*



One of the ideas used to commemorate World Aids Day in Lisbon on 1st December. (Photo: Lusa / Inácio Rosa)

AIDS in Portugal

On Monday, December 1st, Portugal celebrated World Aids Day, 24-hours dedicated to internationally raising awareness about a global epidemic of which little is still known.

According to the 'World HIV/AIDS Epidemic Report 2008', published by the United Nations' joint programme UNAIDS, last year there were an estimated 34,000 people in Portugal with the virus (see last week's edition of

The Portugal News).

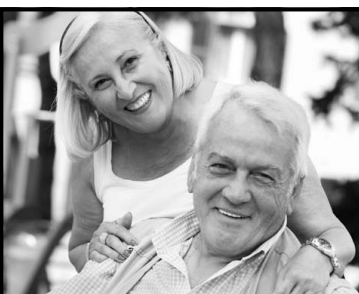
That year 500 people died from the disease.

However, the actual figure could vary from 20,000 to 63,000 infected people.

The most widely infected age-

group is between 15 and 49 years of age.

Research released this week meanwhile showed that four in five Portuguese would not undergo an AIDS test out of fear of testing positive.



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New rules on bank account switching

Internal Market and Services Commissioner McCreevy said: "I am pleased that the European banking industry took up the challenge of self-regulating on this important initiative for European citizens. However, the banks' job is not over yet. Now they will have to work hard on proper implementation and application of these Principles in each Member State".

EU Consumer Commissioner Meglena Kuneva said: "The objective is very clear, we want to get rid of the extra costs and paperwork that are holding consumers back from switching easily to get the best deal from banks on the high street. We know that the current account market has significant untapped potential for cost savings."

It is estimated a staggering 56 percent of European consumers report that they got a lower price when they switched.

According to the Principles, if a consumer wishes to change bank, the new bank will act as the primary contact point and offer its assistance throughout the switching process. It will deal with the old bank, ensuring that the transfer of the consumer's recurrent payments, such as direct debits and standing orders, is done smoothly and rapidly. The new bank will also either help the consumer to inform the relevant third parties, such as utility providers, about the new bank account details or do that itself. Finally, the

The European Commission has welcomed the European Banking Industry Committee's (EBIC) adoption of a set of 'Common Principles for Bank Account Switching', which will make it easier for consumers to switch their current account from one bank to another within their own Member State.

new bank will assist the consumer in closing the old account and transferring the remaining balance to the new account.

The old bank will generally not charge the consumer for providing standard information about the consumer's recurrent payments. The Commission expects that, combined with competitive market forces, this principle will lead to a situation where the whole switching process is, generally, free of charge for consumers.

Bridging the broadband gap

Broadband penetration in Europe continues to grow, from 18.2 percent in July 2007 to up to 21.7 percent in July 2008, according to a report published by the European Commission.

The report also shows the gap between EU countries narrowing, from 28.4 percentage points in July 2007 to 27.7 this July.

With 17 million fixed broadband lines laid in a year, today's figures show high-speed Internet in the EU is more widespread and faster, while

EU economic sentiment falls to historic low

In November, the Economic Sentiment Indicator (ESI) declined considerably in the EU and the Euro Zone. This came after another sharp decline in sentiment observed in the October survey.

It fell by 6.7 points in the EU

Portugal in court for foreign pension fund taxing

The European Commission has decided to refer Portugal to the European Court of Justice for

rules under which dividend and/or interest payments to foreign pension funds (outbound payments) may be taxed more heavily than dividend and/or interest payments to domestic pension funds (domestic payments).

The Commission considers these rules to be contrary to the EC Treaty and the EEA Agreement, as they restrict the free movement of capital.

Portugal exempts dividends received by domestic pension funds but levies a withholding tax of 25 percent on dividends paid to pension funds established elsewhere in the EU or in

the EEA/EFTA countries.

This results in higher taxation of dividends paid to foreign pension funds, through bilateral tax treaties may provide for a reduced withholding tax rate.

The higher taxation on dividends paid to foreign pension funds dissuades these funds from investing in Portugal. At the same time, companies established in Portugal may face difficulties in attracting capital from foreign pension funds as a result of this difference in treatment.

The higher taxation of foreign pension funds thus results in a restriction of the free movement of capital as protected by EU legislation.

Do you need to protect your pension from extra tax charges?

By Jane Goodall, Director – International Pensions, Blevins Franks

If the total of your UK pension funds exceeds £1.5 million (or did so at 6th April 2006) then you MUST apply for protection no later than 5th April 2009 to the HM Revenue & Customs. If not, you are at risk of losing part of your pension fund to the taxman as it may be over funded under the new rules. If you have any doubt on this, you MUST take professional advice and get on with it immediately so that you do not miss the deadline (it can take several weeks to process the application).

Introduced on "A-Day" in April 2006, the Lifetime Allowance imposed a limit on the amount of pension that can be built up by an individual. This includes ALL of an individual's funds. It applies to pension benefits, which is not the same as the value of the fund. The limit increases each year, from £1.50 million in 2007/07 to £1.80 million in 2010/2011. The allowance has then been frozen until April 2016.

When benefits under a registered scheme come into payment for any reason, including lump sums payable on death, they must be tested against the lifetime allowance. If the benefits are in excess of the lifetime allowance then the excess will suffer a charge of up to 55%.

Any event which results in payment of a benefit is known as a Benefit Crystallisation Event (BCE).

An individual could have several benefit crystallisation events throughout his working life. The framework is designed to make sure that the lifetime allowance is applied to the total of an individual's benefits across all registered schemes.

Pension benefits already in payment before 6th April 2006 will also be taken into account. Anyone who has taken all of their pension benefits prior to 6th April 2006 is immune from the new system. However anyone who still has any uncrystallised pension benefits, however small, will have all of their benefits tested – the test will then include all the benefits that were taken before 6th April 2006.

HMRC offered two methods of protection – "Primary Protection" and "Enhanced Protection". In both cases registration for protection

must be made before 5th April 2009.

If your pension benefits, from all sources, are above the lifetime allowance, you need to take steps now to avoid the punitive tax charge.

Pension benefits come in various different types and you should seek advice to establish exactly how each type is valued.

Primary protection

Primary protection is only available if the value of your pension benefits on the 5th April 2006 was greater than £1.5 million.

You can remain an active member of a pension arrangement and can continue to build up pension benefits after you have obtained primary protection.

Where benefits have not been crystallised, they are valued at 5th April 2006 and that figure is used as your personal lifetime allowance. This is then increased by the increase in the lifetime allowance, to the date of crystallisation.

If someone has crystallised all their pension benefits prior to the 6th April 2006, then the whole question of protection is totally irrelevant.

However, it is not uncommon for pension benefits to be taken in stages and it is quite possible that someone crystallised some benefits before the 6th April 2006, but left others uncrystallised. In such a case, individual pension benefits (both crystallised and uncrystallised) are valued at 5th April 2006. This value is then compared to the standard lifetime allowance on the 6th April 2006 and a "primary protection factor" is then calculated.

Enhanced protection

Enhanced protection is available to everyone, irrespective of the value of your pension benefits.

Once enhanced protection has been obtained the lifetime allowance rules cease to apply and the value of the benefits can grow to any level without incurring any extra charges.

In order to obtain enhanced protection, certain very strict rules need to be observed. The most important restriction is that the individual cannot continue to accrue pension benefits. If you have been accruing benefits since the 6th April 2006 then enhanced protection will not be available to you.

Pension lump sums

There is a new name for "Tax Free Cash" – "Pension Commencement Lump Sum" (PCLS). Under the new rules the maximum amount of lump sum cash that can be taken from a pension arrangement is the lower of either (a) 25% of the value of the pension benefits or (b) 25% of the lifetime allowance when benefits are taken. The transitional protection arrangements were extended to include protection of cash lump sums.

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Jane Goodall

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East Timor PM ends Portugal visit with call for investment



East Timor's Prime Minister has capped a two day visit to Portugal with an appeal to Portuguese businesses to invest in his country, saying his Government was readying investment and tax legislation to attract foreign capital.

"We have a legislative package ready to send to parliament. You can trust us, you can invest and gain better benefits", Xanana Gusmão told a gathering of business leaders in Lisbon late last week.

"We are here to explore opportunities, both for you and for us. We are here to tell our friends that

the hour has come to participate with us in the construction of the country", Prime Minister Gusmão added.

While acknowledging that recent violence and political instability in East Timor was a concern for potential investors, he said security was much improved since he took office 15 months



East-Timor Prime-Minister Xanana Gusmão, (L) talking with his Portuguese counterpart, José Sócrates, during their meeting on 27 November 2008, at the São Bento official residence in Lisbon. (Photo: EPA/Tiago Petinga)

ago and that lasting stability depended on "creating opportunities and conditions for development".

As to "legal security" for investors, Gusmão reiterated that Dili's forthcoming legislative package would assure attractive, full guarantees.

The head of Portugal's trade and investment promotion agency AICEP, Basílio Horta, who sponsored the business meeting, challenged the audience to "help East Timor develop".

In a related development, Timorese Foreign Minister Zacarias da Costa has held talks in Lisbon with the head of the oil

company GALP, Fernando Gomes, later saying they had discussed ways for the Portuguese firm to assume a "greater participation" in the country's emerging oil and gas sectors.

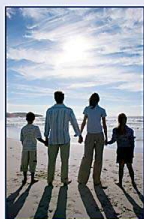
"We agreed to maintain contacts and see how to study this type of joint participation in possible future partnerships", da Costa said.

GALP is currently partnered with Italy's ENI in five Timorese exploration blocks. *TPN/Lusa*

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EU tells Portugal to change company exit tax provisions

The European Commission has formally requested Portugal to change its tax provisions which impose immediate exit taxes when companies cease to be tax resident in these countries or transfer their assets to another Member State.

The European Commission considers that immediate taxation penalises those companies that wish to leave Portugal or transfer assets abroad, by introducing less favourable treatment for them, compared to those companies which remain in the country or transfer assets domestically.

The rules in question are therefore likely to dissuade companies from exercising their right of freedom of establishment and, as a result, constitute a restriction of Article 43 EC and the corresponding provision of the EEA Agreement.

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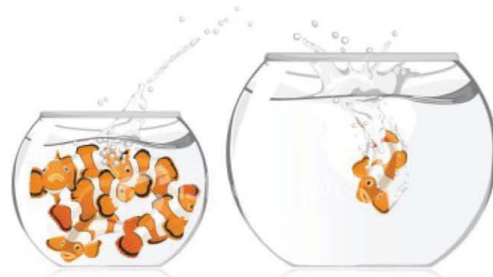
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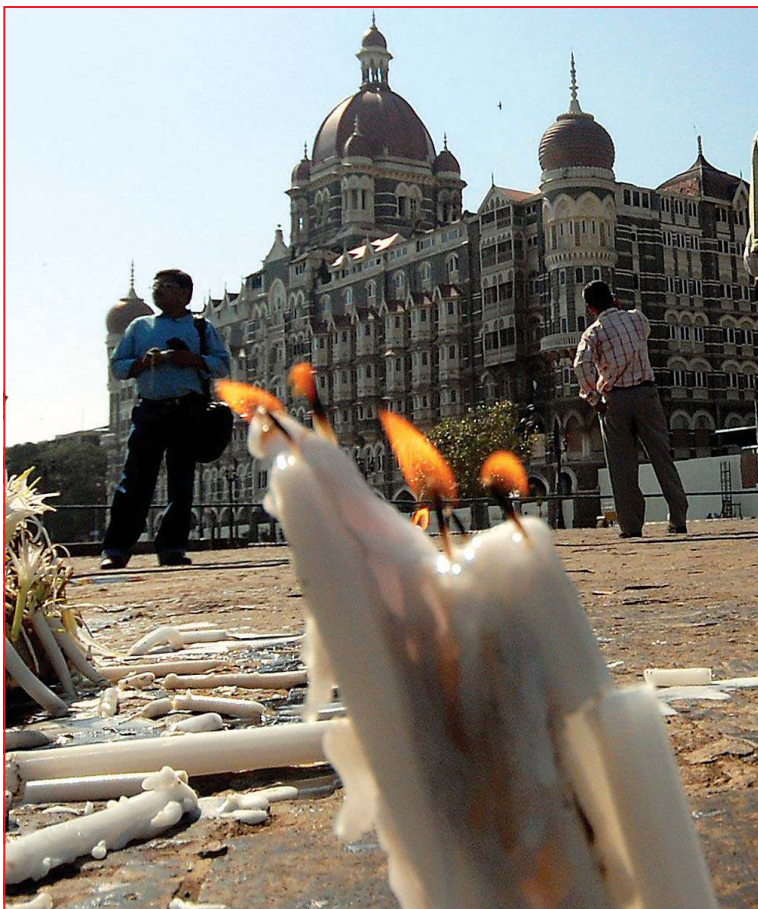
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Portugal condemns attacks on India



Candles lit outside the Taj Mahal Hotel on Tuesday during a vigil in memory of victims killed by the terrorist attacks in Mumbai. (Photo: EPA/STR)



Portuguese leaders have strongly condemned the series of attacks against the Indian city of Mumbai, pledging Lisbon's support in combating "all forms of terrorism".

President Cavaco Silva last week sent his Indian counterpart a message of condolence for the victims of Wednesday's rampages in Mumbai, expressing his "energetic condemnation and repudiation" for the "cowardly actions" that left more than 100 dead and 300 wounded.

Speaking on behalf of the Portuguese people, President Cavaco Silva further expressed his "shock" at the deadly attacks.

"It's a terrorist attack on a large scale. Fortunately there were no Portuguese injured according to the information I have, but when we face the phenomenon of terrorism all nations must be concerned," said Cavaco Silva.

"This reminds me a little of the presence of Portuguese troops in Afghanistan, where they are contributing to the combat of terrorism, as no country can say it is free of such a situation."

Separately, Portugal's President has also sent a message of condolence to Brazilian counterpart Luiz Inacio Lula da Silva in the wake of severe flooding in the southern Brazilian state of Santa Catarina that has left more than 100 people dead and forced over 54,000 from their homes.

Returning to the bombings, Foreign Minister Luís Amado also sent a message to his counterpart, denouncing the "terror-

ist attacks" and reaffirming Portugal's commitment to "fighting against all forms of terrorism".

Following the attacks, the Portuguese government advised its nationals to avoid travelling to India and said it had no word of Portuguese victims or hostages of the violence across the City of nearly 20 million people.

The State Secretary for Expatriate Communities, António Braga, told the Lusa News Agency in Lisbon that six Portuguese tourists had been safely rescued by Indian firemen from Mumbai's Royal Taj Mahal Hotel, one of several sites attacked by apparent Islamic extremist commandos.

TPN/Lusa

Portugal wants EU to re-open Serbia's path to bloc membership

The European Union should recognise Serbia's constructive efforts made to speed its path to EU membership by unblocking negotiations for Belgrade's integration into the bloc, says Portugal's Foreign Minister.

Foreign Minister Luís Amado said in Belgrade during talks with counterpart Vuk Jeremic and Serbian Prime Minister Mirko Cvetkovic: "If the Serbian Government is cooperating with the (UN) International Criminal Tribunal for the former Yugoslavia... and if it has actively coop-

erated with the UN Secretary General to find a legal framework for the EU Kosovo mission, it is fundamental that the EU also recognises this and gives signs of cooperation with this Government."

It is important that EU leaders use their December summit to reward Serbia's decision to cooperate with a new European mission in Kosovo by renewing membership talks, added Amado.

UN chief Banki-moonsaid last week that both Pristina and Serbia have agreed to work with the new EU mission, to take over

from the UN, although some reservations persist on Kosovo's part.

Serbia's Foreign Minister told the Lusa News Agency his country could have reached a new stage in public support for EU membership, expressing frustration at the absence of positive signals from Brussels.

"It would be devastating if, at the end of a year in which pro-European parties won such a large victory (in June elections), our European future continues to be blocked," added Jeremic.

TPN/Lusa

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High-level Timor visit

Portugal's top aid official, João Gomes Cravinho, began a four-day visit to East Timor on Tuesday during which he was expected to launch a Lisbon-financed integrated development programme for the Ermera and Liquiçá regions.

Gomes Cravinho, the State Secretary for Foreign Affairs and cooperation, was also scheduled to hold talks with Dili's senior leadership, including President José Ramos Horta and Prime Minister Xanana Gusmão, during his stay.

Gomes Cravinho also participated in the First Congress of Health Sciences in Dili on Wednesday and unveiled a regional integrated development programme in Maubara on Thursday, the Foreign Ministry was reported as saying by the Lusa News Agency.

Portuguese institutions help finance both the Congress and the Ermera-Liquiçá Aid Programme, the latter to the tune of one million euros.

In approving the regional development programme last month, the Timorese Government said it would involve integrated projects in the fields of education, health, agriculture, gender equality, private sector incentives, and youth.

New rules for travel allowances into the EU

From this week, new rules on tax and duty free imports enter into force. Travellers will benefit from cost savings when importing goods into the EU in their personal luggage. At the same time, Member States will avoid administrative costs currently involved in collecting small amounts of duties and taxes.

Taxation and Customs Union Commissioner László Kovács said: "The bringing into force of new thresholds in duty-free travellers' allowances is good news for European travellers. Many of the previous rules, which have been in place since 1969, were no longer relevant to today's world".

From Monday, citizens now benefit from a nearly doubled monetary threshold and more generously calculated limits for certain beverages when importing goods in their personal luggage into the European Union. At the same time, due to the increased monetary thresholds Member States will avoid administrative costs currently involved in collecting small amounts of import duties and taxes.

The new rules have resulted in an increase of the current monetary threshold from €175 to €430 for air and sea travellers and to €300 for land and inland waterways travellers.

The lower threshold for the latter takes account of the special situation of Member States that have land borders with countries where prices are significantly lower than in the EU.

The new regulations have also seen the abolishing of the quantitative limits on perfume, eau de toilette, coffee and tea (which means that such items will come under the monetary threshold), while the quantitative limit for wine has risen from 2 to 4 litres.

Member States have also been given the option of reducing the quantitative limits on tobacco products (e.g. for cigarettes: from 200 to 40) in support of health policies.

The same rules apply if travellers come from territories where EU rules on VAT and excise do not apply, such as the Canary Islands, the Channel Islands, the French overseas departments, the Åland Islands and Gibraltar.

Portuguese amongst Europe's least content citizens



A 2006 European Social Behaviour Survey has highlighted the Portuguese as being amongst the least happy citizens in Europe, and those who are least content with life.

The study, which has been ongoing since 2001, is carried out in phases and compares values and social attitudes in 23 European countries. At the end of each phase of the enquiry the results from the various countries are compared.

A third phase was carried out in 2006/2007, the results of which were revealed this week in Lisbon.

They showed that Portugal occupied the "fifth lowest place regarding subjective well-being,

this relating to happiness and satisfaction with life".

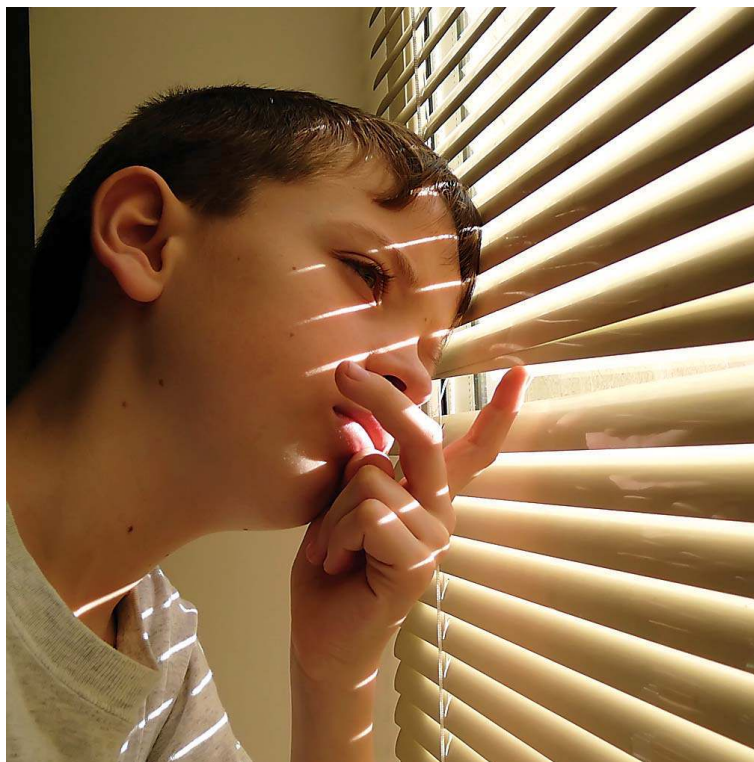
Concerning psychological well-being Portugal is also below average, the Portuguese taking 16th place in the table of 23 countries and only surpassed by countries including Hungary, the USSR, Poland and the Ukraine, which is at the bottom of the 'Most Psychologically Motivated' list.

On the 'Social Well-Being' list

Portugal also fared poorly, taking 17th place.

Authors of this extensive social study relate the Portuguese downbeat outlook on life to the country's development.

It said, "In fact, the higher the level of progress noted by the United Nations' Programme for Monitoring Development (PNUD) in 2007, the higher the subjective, psychological and social well being".



Portuguese start working sooner but leave home later

On a European level, the Portuguese fall behind most other countries when it comes to flying the family nest; despite starting their working lives earlier, most Portuguese will not leave the family home until long after their EU counterparts.

According to a European Social Enquiry that has been ongoing since 2001, "Portugal is the country where, on average, the first working experience happens at an earlier age, at around 17.7 years of age".

Phase three of the enquiry (ESS III), which took place between 2006 and 2007, recorded 2,222 face-to-face interviews carried out in Portuguese homes. It concluded that "earlier placements on the work market do not directly translate in independent residential terms".

The extensive study further revealed that in Portugal, on average, most individuals only leave their family home four years after starting their first job, which is at around age 21.

Another revelation was that most Portuguese wait for two years after moving into their own home before embarking on a serious relationship, which in most

cases results in their first marriage.

In the same way that residential independence is highly valued in Northern European countries, in Portugal this is reflected by a first child.

The study also aimed to establish, on average, the favoured ages to marry, have children or leave the family home.

It concluded, "Generically, having sex before the age of 16, living with a partner before the age of 18 and having a child before the age of 20 is the norm in the current progression of life".

However, for the majority of Portuguese parents, having children living at home until the age of 30 is not acceptable.

Portuguese untrusting of others

This week the results of a third phase of a European Social Study (ESS III) were revealed and showed some curious traits concerning the Portuguese outlook on and attitudes to life. As well as being amongst Europe's most 'unhappy' citizens, they were also the most mistrusting.

Twenty three countries were involved in the study. In Portugal the study was conducted by Lisbon University's Social Science Institute, who carried out door-to-door interviews with 2,222 people, between October 2006 and February 2007.

Results concluded that the Portuguese have been, since 2002, "amongst a group of countries that show the lowest levels

of trust". Included in this group are Poland, Hungary and Slovenia.

These results were obtained from answers to questions such as "Do you think you can never be too careful when dealing with people or can you trust the majority?"; "Do you think most people will try to take advantage of you whenever they can or are most people honest?"; and "Do you think, most of the time, peo-

ple are more preoccupied with themselves or do they try and help others?".

Along with the Portuguese, Polish, Hungarian, and Slovenians are some of the most suspicious populations, contrary to most Northern Europeans and Scandinavians.

It was noted that in Sweden, Finland, Norway and Denmark people were the most trusting.

In the middle of the table are Spain, France, Belgium, Austria, the UK, Holland, Switzerland, and Ireland.

Authors of the study relate the low levels of trust in some countries to "weak levels of coopera-

tion and association that is common to see in our society".

Faith in the future is also waning amongst the Portuguese.

"The results show an evidently poor trust in the future on behalf of the Portuguese when compared to countries with a

lower Gross Domestic Product".

"In general, the lack of interpersonal belief and the low levels of faith in the future could be the result of poor confidence in institutions, as these have a referential role in their relationships with society".

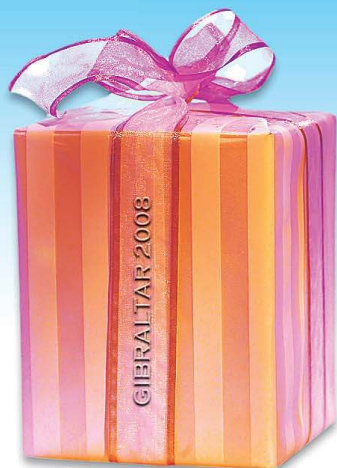


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Lisbon's cargo docks face EU courts



Should political channels fail to stop the expansion of Lisbon's cargo terminal in Alcântara, those protesting the project are willing to take the matter to EU courts on the grounds of violating competition laws.

This was confirmed this week by Portuguese writer Miguel Sousa Tavares, who said it was one option being considered if political intervention proves non-effective.

Protestors are asking that decree-law number 188/2008, which altered the basis of concessions and allowed Alcântara's cargo docks to triple in size, be revoked.

These solutions were put forward by Miguel Sousa Tavares during a press conference to introduce a newly-formed association designated to defend the Tagus river area, named 'Lisbon, Tagus and Everything'.

Once again the alleged 'urgency' with which Alcântara needs its terminal expanded three-fold was brought into focus, followed by appeals to carry out more study's

to warrant the decision.

Expanding Alcântara's cargo terminal "will only serve the interests of a private company and is harmful to the general public", Miguel Sousa Tavares accused, during the conference.

"We have discovered various things: the project is useless and entails huge costs for the public. The only conclusion we have drawn after seeing the contract [which was signed with Liscont, the terminal's concessionaire] is that it is compatible with satisfying the needs of a private company".

Supporting the writer's criticism is the fact that the biggest part of investment being injected into the project is being footed by public entities, such as Lisbon's Port Administration and Rail Company REFER.

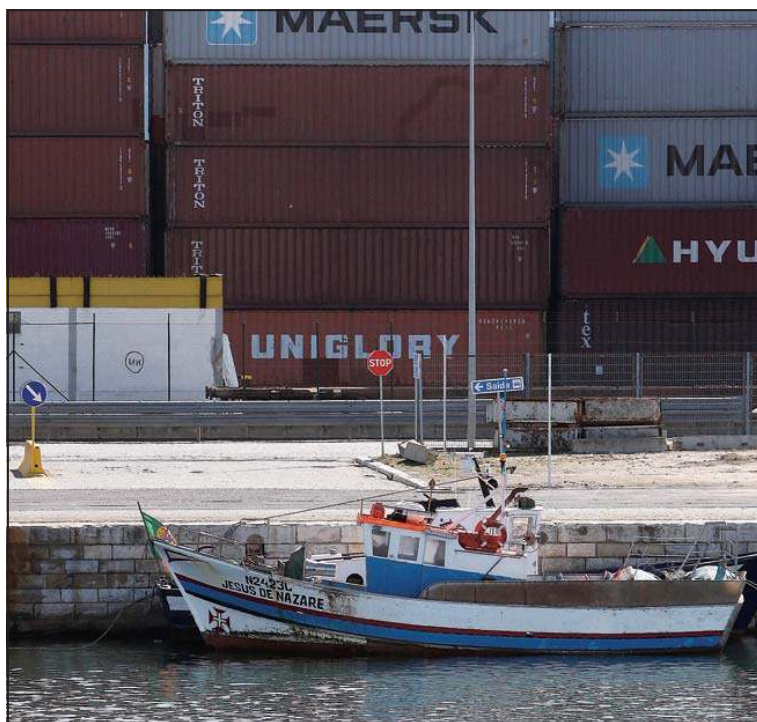
Between the two a total of €540.9 million will be invested in the expansion, with concessionaires Liscont investing an estimated €226.7 million.

Liscont will also be entitled to compensation should the cargo dock not hit its estimated targets.

Miguel Sousa Tavares further argued the need for the expansion had not been appropriately justified nor proved.

He also stressed that the movement against the port's expansion is supported by the City Hall's opposition and by 41 of the 53 parish council mayors. He appealed to PS deputies to "put party obedience to one side" and support the cause.

The Association's main goal is to protect the City of Lisbon and its river from the "attacks" to which it is being subjected.



A fishing boat moored up at Alcântara docks (Photo: Lusa / André Koster)

Bank robbery injures six

Six people were injured after inhaling toxic gas when a lone assailant attempted to hold up a branch of the Millennium/BCP bank in Setúbal, in the Jumbo hypermarket.

According to PSP police sources, at least one shot was fired at an officer during the incident.

It was also reported that the individual "launched a toxic gas grenade to cause confusion within the branch".

The source said "Our officers also fired a few shots at the presumed assailant but we do not know if he was hit", as the suspect managed to flee the scene on a motorbike and police do not know as yet if he

managed to steal anything from the bank.

After being assisted by local firemen five of the six victims who inhaled the gas, later established as pepper gas, were taken to the Hospital São Bernardo for further assistance. None are in a serious condition.

Woman abducted at shopping centre



A woman was abducted and robbed in broad daylight last week as she parked her car underground at Cascais Shopping.

Threatened with a knife, the woman was forced to give her credit card and pin number and was then taken, in her car, to a cash point where the thief withdrew €200 from her account.

It was around 10h30 on Friday morning when the Cascais resident went to Cascais Shopping and, after turning off her engine, she was approached by a man holding a

knife: "When I was opening the door, he showed me the knife and told me to sit on the passenger's seat. I told him I would give him my credit card, the code and the car. I just wanted him to let me go" said the distraught victim. The fifty year old lady was then forced to lie in the boot of her own car, a Mercedes-Benz, while he drove to a cashpoint in Monte Estoril.

After withdrawing the cash, the assailant returned to the car and drove back to where he had approached the lady in the first place: "He drove to a cash point, withdrew €200, came back to the car, drove back to Cascais Shopping and parked in the same place. He told me to sit back in the front and then advised me never to park in dark places. He walked back to his car and left" said the victim, adding that he had not used any violence to carry out the crime.

Despite having several security cameras and security guards in the car park, nobody was present to assist the lady when the crime happened. The lady is not expecting any compensation from the Shopping Centre but just warned management that there should be more safety in these areas.

Police sources said the criminal had already been identified and would be arrested in the near future.

American holiday luncheon

Americans in Portugal has announced that on Tuesday, December 16 it will hold a "Holiday" luncheon at the Portugal Naval Officer's Club (The Messe de Cascais), on the waterfront in Cascais, near the Baía Hotel. The Luncheon is open to all nationalities; everyone is welcome to attend.

The holiday theme will be "Gifts for SOS Children". The children, with help from their house Mothers and Santa's Helpers, will write their name, age and a small (5€ to 10€) gift of choice. Each attendee will be paired with a boy or girl for the purpose of fulfilling the child's wish. AMP will deliver the presents to the SOS, for its children's Christmas Party, on December 21.

The 'served' luncheon will consist of a choice of Lombo de Porco, rolled with dates; a fish plate of Cherne á Monte Belo; or a vegetarian dish. Please select which of these dishes you would like to eat when you confirm your reservation. During the "social" (12:45 - 1:30) waiters will serve hot appetizer hors d'oeuvres, accompanied by your choice of red or white wine, soft drinks or water. The cost of the entire meal and drinks is €25.00, payable in cash, at the door.

The luncheon will consist of a goat cheese salad; dinner rolls with butter, olive and beet spreads; your main dish including purée of potatoes and vegetables; and dessert, which will be a choice of sliced mango or crème brûlée, served with coffee or tea. Red or white wine and water will be served throughout the meal.

Reservations are necessary, and must be received by noon, December 10. You can reserve by sending an email to ddprice98@hotmail.com or calling Don David Price, Americans in Portugal (Club) Director, at 91 815 51 16. All Reservations will be confirmed. AMP will also hold a "Door Prizes" raffle - where each

luncheon guest will receive a free ticket to enter drawings for donated prizes. The event is going to be a fun and charitable experience.

Once you reserve for the luncheon, stating your food choice, and indicate a willingness to give an SOS child a (5€ to 10€) gift, you will be advised of a child's name and age, and his or her request. If

you would like to sponsor more than one child, or if you cannot attend but would like to donate a gift, please advise Don at ddprice98@hotmail.com.

Digital photos of previous Americans in Portugal luncheons may be viewed at the Club's website: <http://ampportugal.planetaclix.pt>

su do ku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it. There's no maths involved. The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning and logic. It's fun. It's challenging. It's addictive! Solving time is typically from 10 to 30 minutes, depending on your skill and experience.

		8	6		4	2		
		4	3	5	2	1		
	6						7	
4								1
		7		4		5		
8								7
	8						1	
		9	1	6	3	4		
		1	8		7	9		

Last weeks solution:

7	4	9	2	5	3	8	1	6
2	3	1	7	6	8	9	5	4
6	5	8	1	9	4	7	2	3
8	9	5	6	2	7	4	3	1
4	7	6	5	3	1	2	9	8
3	1	2	8	4	9	5	6	7
9	8	7	3	1	5	6	4	2
5	2	3	4	8	6	1	7	9
1	6	4	9	7	2	3	8	5

For tips on how to solve Sudoku puzzles, browse the forums, go to www.sudoku.com

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Portugal fighting screw-cap trend to save cork forests



'New World' wine producers that opt for screw caps or synthetic bottle stoppers as opposed to real cork are inadvertently threatening to kill off one of Europe's most important natural habitats along with a number of rare animal species, including the Iberian Lynx, according to recent reports.

It has recently emerged that falling demand for authentic cork stoppers is gradually forcing farmers to replace cork trees with alternative crops, such as eucalyptus trees.

At present, according to the World Wildlife Fund (WWF) website, Portugal is the world's largest cork producer, followed by Spain, Algeria, Morocco, Italy, Tunisia and France.

The majority of cork harvested in Iberia is used to produce bottle stoppers, which represents an estimated 70 per cent of the income from harvest. However, traditional cork stoppers are being replaced with synthetic closures or screw caps, which now account for around 20 per cent of the market.

It is said that problems with bottles of wine becoming 'corked' (in layman terms, where the wine develops a musty smell and becomes undrinkable due to contamination with a chemical known as Trichloroanisole), have led many wine connoisseurs to opt for bottles with synthetic cork or screw tops instead.

In a nutshell, this shift in traditional bottle stopping to using modern-day products is threatening to wipe out cork forests, along with the species that reside therein.

Cork oak forests in Portugal cover an estimated 33 per cent of land mass and are home to a number of rare and endangered species, particularly in Southern Portugal.

These include black storks and booted eagles, which are already disappearing in some areas, and the Iberian Lynx, which over the past few years has been the subject of extensive reporting and campaigning.

A study by conservation char-

ity The World Wildlife Fund and which was recently reported in *The Telegraph* newspaper estimated that up to three quarters of the Mediterranean's cork forests could be lost within 10 years.

Over the past ten years in the Algarve, cork forests have declined by 28 per cent.

In an attempt to boost productivity, Portuguese cork producers have introduced new sterilisation and purification methods to ensure corks are not contaminated with Trichloroanisole.

Possibly the most problematic issue is the enigmatic Iberian Lynx, which reports over the past few years have described as being on the brink of extinction. The Iberian Lynx is officially classified as the most endangered big cat in the world, with a report published in 2004 by SOS Lynx for the European Parliament showing at that time there may only have been as few as 135 left, of which 28 were believed to be breeding females. SOS Lynx successfully lobbied for the start of an emergency breeding programme.

Significant efforts were made to repopulate Portugal with Iberian Lynx, amongst which was a purpose-designed reproduction centre, in Silves.

Over the years Portugal's cork industry has not been without turmoil.

In August this year environment protection agency Quercus considered the felling of 1,200 cork trees in Vale da Rosa a "glaring disregard" of the law. The trees were felled to make space for a mega residential development.

Legal action was instigated by Quercus to stop the felling, the Association alleging the trees are of a species protected by Portu-



Inhabitants of Cortelha in Serra do Caldeirão made a nativity scene out of cork last year. Cork production is one of the principal businesses in the Algarve. (Photo: Lusa / Luis Forra)

guese law.

Back in 2001 there were political moves to defend Portugal's cork oaks when delegates from the Socialist Party-run council of Montijo met with officials representing the then President Jorge Sampaio with the initiation of a national petition to be presented to Parliament.

Motivated by the perceived weakening of legal protection for cork and Holm oak trees, environmental groups such as Quercus voiced their concern over the proposed changes to the law since it was first drafted in the year 2000.

The felling of 66 hectares of cork forest for the controversial Alqueva Dam project, in the northern Alentejo, also highlighted threats posed by development projects to existing oak woodland.

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Friends of Cambodia appeal



The Art of Dining exhibition being held at Galeria Corte-Real in Boliqueime is to be extended for three more days from Thursday December 4th until Saturday 6th.



Table settings inside the gallery.

Organised by Algarve residents, Geraldine Willcox MBE and Gita Nasta, the entry charge of €10 is to be donated to the charity, Friends of Cambodia.

Twenty table settings are on display, each one with a specific theme that has been executed with artistic flair. A programme outlines the various ideas that have been used for inspiration, as well as the backgrounds of the people who have laid the tables. The gallery has been beautifully decorated for Christmas, including a new exhibition of paintings by artist Liz Williams.

The charity helps children from the hill villages of northern Cambodia by providing boarding accommodation beside a school. The school is state run but without sleeping facilities and free meals, children from distant villages could not attend.

All the money raised is sent directly to the project leader in Cambodia ensuring that none of it is wasted on administration. The charity links people who are fortunate enough to live in the Algarve with some of the most needy children in the world.

Galeria Corte-Real is located in Boliqueime railway station sign posted from Fonte de Boliqueime roundabout on the EN 125. Opening times: from 11am until 4.30pm.

Website: friendsofcambodia.org
@world.net.pt

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Tavira Treasure



Each year the Associação Light of the World Communities (Tavira Christian Centre) collects money and small items to help some of the most disadvantaged members of our community – the old and the very young; old people living alone or in old people's homes and young children living below the poverty level. Many will not receive even a single gift at Christmas.

The money raised will be used to provide items for these needy members of our community, both during the year in the form of non-perishable food stuffs and to provide small gifts at Christmas for both old and young alike.

We are also happy to receive small items, preferably new, or in excellent condition to help in the making up of Christmas parcels. Ideas include: toiletries, scarves, gloves, jewellery, toys, pens, school equipment, notebooks, combs, hair slides,

toothbrush, make-up, dolls, crafts, colouring books, etc.

Good quality clothes and bric-a-brac for sale in the charity shop we are opening during December would also be welcome plus any non-perishable foodstuffs for distribution to needy people in the area.

Further details, contact Jackie King, Pastor, Tavira Christian Centre. Ph: 281 322 857 or 918 348619. Tavira Christian Centre, 126, Rua Almirante Reis (Opposite Australia Bar), Tavira.

Theatre at the Garbe - Seasonal suppers



Recently staged at the Raj restaurant in the Garbe Hotel, Mick Warburton's play 'The Waitress' was directed by Suzanne Jefferies who also took the leading role.

Performing alongside Victor Graham, the pair convincingly delivered an intriguing dialogue set in the restaurant of an exclusive hotel.

The situation - not dissimilar from diners at the Garbe enjoying a theatre dinner evening - focuses on the relationship between Daisy, the waitress and Mr Roland a permanent resident at the hotel.

The performances held over two nights were a great success with Suzanne Jefferies and Victor Graham once again bringing professional theatre to the Algarve.

During the winter season, the management of Hotel

Garbe is keen to support live productions and local actors.

Last week a new theatrical venture brought playwright and actress Nicky Moran to perform at the Raj restaurant. Presenting a solo show she had written herself, 'Snakes and Ladders' tells the story of a reformed bag lady. Containing humour alongside pathos both the script, performance and production were praiseworthy. Assisted behind the scenes by technical director Midge Ridley, the pair staged a credible production that generated real emotion.

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Suzanne Jefferies and Victor Graham in The Waitress.

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Ria Formosa demolition dates set

Demolitions on Formosa River's small islands will begin early in 2009, starting on São Lourenço island in the Ratas and Coco areas, said the chief of Ria Formosa's coastal renovation project.

"Work on the islands are towards naturalization, and in 2009 will advance with demolitions on the islands" said Valentina Calixto. Besides the naturalization of some of the islands, others will have a complete overhaul with buildings being totally renovated or restructured.

The head of the Ria Formosa coastal renovation company also added that fishermen who have

their homes demolished will be rehomed, although the locations have not been disclosed yet as the detailed planning has not been finalised: "In line with the Provisional Plan for the Coastal Seafront (POOC), all the residents who are associated with fishing have the legal requirement to be reallocated to new homes."

Polis Ria Formosa is a project to renovate and add value to locations in close proximity to the river and is being financed with an €87.5 million investment, to be used between 2008 and 2012, and will be carried out in five Algarve councils.



João Pheiro, resident for 12 years on the São Lourenço island, thinks that the demolition work which will start in 2009 won't affect his home. (Photo: Lusa / Luis Forra)

Dam hotels get green light

The Algarve region will have new tourist attractions in the near future as the Arade and Funcho dams have three hotels planned for construction, aiming to attract people to the Algarve's interior region.

According to the provisional plans for the two dams, a 100 bed hotel will be built in the area surrounding the Arade dam, providing leisure and recreational activities. Two mooring points with access ramps, a boat collection area, a museum and education unit, and a car park will be built to complement the hotel.

In the Funcho area, a practically abandoned rural area will be renovated to bring in 'village tourism' and it will have other new structures, such as a restaurant and mooring points for boats travelling across the reservoir. The plans also mention a 160 bed development in the Abruteais area.

Even before the plans were passed, several private investors have shown their interest in build-

ing tourist developments in the area, but only now do they have the conditions to carry out such projects.

Isabel Soares, Silves Mayor, has demonstrated her approval of these projects: "These projects are very important to diversify the Council's tourist attractions and diminish the asymmetries that currently exist between the coastal and interior area", for which the Council "will give all possible support towards its completion."

Portimão connects to lonely elderly

Portimão Council has installed 23 help phones in the homes of elderly people, who live alone or are isolated, so emergency situations can be taken care of in a more effective manner.

The innovative system used is the help-phone. It consists of a telephone assistance system that is permanently connected to a

bracelet or neck chain and offers 24 hour assistance all year round via a quick and safe communication system.

The service was first introduced as an experiment in July last year and is currently being used in sixteen homes in Portimão and seven in Mexilhoeira Grande. Having pleased many of its users, all are willing to continue to

use this service, obliging Portimão Council to buy thirty more units, representing a €6,300 investment plus €230 per month for the assistance services, as requests keep coming in for the useful service.

Completely free for its users, the service sends instant messages to nurses and doctors, firemen or police, family contacts or

even professional assistance staff such as plumbers or electricians. Most calls coming into the centre are for the 'Friendly Voice' support service, or information on health issues.

The project was brought to Portugal to promote a greater feeling of safety and support to the elderly who are isolated, live alone or have reduced mobility.

Algarve stages massive traffic police operation

The Brigada de Trânsito (Portuguese Traffic Police) carried out a huge police operation in Southern Portugal last weekend, focussed more in the Algarve region as officers closed off the motorway at the service station in Loulé, and also the IC1 in São Bartolomeu de Messines.

The operation, which involved sixty officers, contacted Euroscut (the company in charge of the A22) to close off a section of the motorway so all the cars that passed that point

could be inspected at the Loulé service station.

Over 1,000 vehicles were inspected in the operation which issued 382 fines and led to the arrest of three individuals. On the

motorway alone officers inspected 600 vehicles, arresting one driver for not having a driving license and fined 270 for other infringements. Major Paulo Oliveira, head of the Algarve

Traffic Police, was very happy with the results as nobody was registered with a criminal blood alcohol level and less than twenty drivers were fined for speeding.

British Consulate moves premises

As of Tuesday December 9th, the British Consulate in Portimão will be operating from its new premises, located opposite the Club Naval, on the riverfront. Doors will open, as normal, from 09h00.

The last day at the old premises will be Friday December 5th, and will close to the public as usual at 14h00.

Opening times to the public remain Monday - Friday, 09h00 - 14h00, and telephone enquiries thereafter until 16h00. Closed weekends and bank holidays.

The Consulate will be closed on the following dates: Monday 8th December, Thursday 11th December, and Friday 12th December, 2008.

In case of an emergency such as death, serious assault or arrest, call the emergency number on: (+351) 21 392 4000.

Contact details for the Portimão British Consulate remain: telephone (+351) 282 490 750, fax: 282 490 758, e-mail: bc.portimao@netcab.pt, or website: www.ukinportugal.fco.gov.uk.

The New address is: British Consulate, Apartado 609, Edifício A Fabrica, Avenida Guanáre, 8501-915, Portimão.

Rotary present wheelchair to ASCA

Almancil International Rotary Club, in conjunction with a Rotarian from a UK club, recently presented a wheelchair to the Associação Social e Cultural de Almancil (ASCA).

Peter Hinze, President of AIRC said,

"This is a perfect example of Rotarian co-operation and spirit for the good of the community."

AIRC regularly donates items of clothing and various goods to ASCA, all are distributed within the Loulé district.

Seen right: President of ASCA Hermes Alberto, Secretary of AIRCC; Bart van Linden and President of AIRC, Peter Hinze.



Ice skating in Faro

Last Saturday was the inauguration of Faro's prime Christmas attraction, its very own ice skating rink. The 325m² rink, located in Pontinha Square, will be the only one in Faro as Forum Shopping have decided not to build one this year.

The ice skating rink and walkway cost Ambifaro €60,000 and the Mayor hopes some of the initial investment will be returned with the sale of tickets. A thirty minute session on the rink costs €2.50, €0.50 of which is being sent to the Food Bank: "We think that, in difficult economic times for everyone, we should have a social responsibility. The fifty cents represent this policy" said Faro Mayor José Apolinário.

Besides the ice rink, children will have lots of activities to enjoy during this festive season in Faro as the City also has giant inflatables, a

Santa's House, a Multimedia Library and a Science Shop, all spread out at various different venues throughout the Council. Close to the skating rink will also be a Christmas tree exhibition, all beautifully decorated by students from several primary schools in the council.

Faro's Christmas entertainment schedule is a busy one this December; this Sunday is the 6th Invasion of the Small Santas, with an Avô Cantigas show, and on Monday is the Faro Fashion Christmas '08, a fashion show which Fernando Mendes (presenter of Top RTP1 programme) will present.

A trip to Finland's Lapland is also up for grabs to customers who spend over €20 in shops that have registered with the Council for the competition.

The opinions expressed here are those of our readers and not necessarily of The Portugal News. The editor reserves the right to edit letters or refuse publication. Send your letters, which must include your name and full postal address (even if you wish to remain anonymous on the page), and be no more than 300 words to: The Portugal News, Apartado 13, 8401-901 Lagoa. E-mail address: letters@the-news.net

Advertisers please think!

SIR, Please may I use this space to ask you to ask your advertisers to say where they are, especially if they only use a TM (mobile) number.

Many times have I answered an ad only to find the item or service is at the other end of the country ... Portugal also exists north of the Algarve you know!

W O L F G F A N G
BAKEOVEN, By e-mail

James' response

SIR, At what point in our evolutionary development did we become "made in God's image"? Ron Lavery probably wasn't sincere when he (Nov.29) put this question to me but since there are honest people who read the The Portugal News, I will respond with one theory for their sakes.

The fossil record shows that Neanderthals, Homo Erectus, Peking Man, etc. did not have voice boxes evolved enough for speech, a necessary component of rational and free thought. Only when the organs of speech had sufficiently evolved in Homo Sapien did God infuse rational and free souls into Adam and Eve. Since they were not pure spirits as are the angels, they also needed speech and language to communicate concepts and ideas to one another.

Lavery reveals his ugly mindset when he goes on to assert that the purpose of all life, including ours, is to perpetuate genes and serve as food for other species. Even as a child I knew our purpose was to "...know, love, and serve God in this life and be

happy with Him forever in the next" (Baltimore Catechism).

Finally, all of the rending of garments by Leslie Fraser and Michael Baugh for my supposed misrepresenting them is phony. They put down in print their views and now want to weasel out of having unmasked themselves. JAMES ROSS, Estoril

Recent letters

SIR, I have been reading with some amusement the rants from James Ross and the rational replies that all oppose him, and wonder why he does not realise that constantly insulting everyone else simply demeans him.

I would like to congratulate Ms. Fraser for her dignified withdrawal as I'm afraid, Mr. Ross, that dignity is something that seems to have rather passed you by.

DANIEL FRENCH, By e-mail

Ref. J.R.

SIR, In the same issue that I wrote: "I can only recall one [reader] coming to his aid with a few words of support." James Ross, in his baiting of John Clare, mentions "my other avid readers". In an apocryphal annual report a junior officer's superior wrote, "His men will follow him anywhere - but only out of idle curiosity." Something similar may apply here. Perhaps people are curious to see what further irrelevant red herrings J.R. can dream up as he skilfully dodges the more awkward questions of other readers?

RONLAVERY, By e-mail

Give us a break!

SIR, I enjoy reading your pa-

per until I get to the Letters Page. Could we please have nothing more from or about James Ross. The majority of us do not want his opinions and certainly those who consider themselves insulted object. He is making a hobby out of his letter writing and I'm sure he could well apply his energy to some charity work.

More letters like the one from J.M. Nuttall would be welcome. So stop pandering to James Ross' ego and give the rest of us interesting letters, and a rest from James Ross. Mr. John Clare expressed the point better than I and I think his points should be observed.

ADRIANNE M.
DAVIES, Carvoeiro

Because of other requests as well, we are having a sabatinal from James Ross and the ongoing debate with other correspondents. So we look forward to receiving your 'more interesting letters' from all those people who have complained. Ed.

Response to 'Parcels by post'

SIR, In reply to the letter from John Webster and Mike Paice, I had a similar problem back in September when a friend sent me a birthday present from his local post office, air mail, to my Apartado, after not receiving it I questioned Loulé post office where I have an Apartado. After some arguing and shouting and my kind friend in England going back to the post office where he had sent the parcel from, I finally got the telephone number of a local transportation

company in Boliqueime where my parcel had been delivered to. They could not deliver it to Loulé post office for me to collect as they have no agreement with Loulé post office to deliver parcels.

After much questioning and arguing (I can speak and understand Portuguese, but I am by no means fluent or word perfect) they told me this often happened since Royal Mail restructured the way parcels are sent abroad and since a number of divisions had been privatized, and there was nothing they could do about it. However if my parcel had been of a smaller size or weighed less it would have been sent by post to

erred it to my house. This is not an uncommon problem with receiving parcels I have heard this story from several English friends who have never received their parcels. So, tell people sending parcels to clearly write the destination and a home or contact telephone number on the parcel, sadly there is little else that we can do. With the Christmas season almost upon us many parcels may be lost or just never received because of the way they have been sent by the Royal Mail!

GAVIN FELLOWS, Loulé

New 150 million euro resort planned for the Algarve

SIR, Re the above headline in last week's Portugal News: This new development to be built close to the beach in Alvor, is said by the developers to be 'looking to turn the Algarve into Europe's Florida'.....

Have these developers done their market research I wonder ... basic logic would dictate that Europeans who seek the attractions of Florida will indeed do just that - and go to Florida as their destination of choice... or am I missing something?

In any event, the notion of Alvor, (currently attractive in its own right whilst still retaining some of its Portuguese flavour), becoming transformed into a kind of Miami clone or similar - frankly makes me cringe!

What do others feel?

PENNY WOLFF, Alvor

Fiscal observance

SIR, In its most recent review, the Portuguese Central bank made the remark that unemployment would be prolonged partly due to over-generous unemployment benefit. (It got the obvious reception!). Central Banks throughout the EU have made similar *obiter dicta*. Their sub-agenda seems to be that the recession could produce yet lower wages - if only unemployment benefit was reduced

- thereby affording business greater profitability which is conducive to growth and supposedly, greater job creation. Maybe in normal times (I disagree) - But in a recession!?

It beggars belief that these people are so economically illiterate. These were the nostrums of the '30s! Have they not understood that the underlying cause of this recession is too treat a differential between Price Level and Wage Level, i.e., capital accumulation. If you reduce wages you reduce purchasing power. Therefore, you will reduce consumption and revenue to business. After a time lag during which Profit does increase, Profit is restored to its previous level - and the cycle repeats in a downward spiral.

In a classic recession, the 'Bottom Line' is for Goods to cross the Counter in exchange for Cash ... not Credit! (This will avail more elsewhere.) Therefore, the immediate priority should be to increase real purchasing power to a maximum. Reduce prices, retain labour for as long as possible and at least maintain wage levels, ie, reduce profits still further. The usual 'optional' sectors are 'slashing' (?) prices, but the more obdurate sectors whose costs are 'unavoidable' (!) should be coerced into such a process by whatever means Government has at its disposal. Government too can play its part by removing taxes on markets in preference to any other relief.

Senhor Sócrates intends to bring forward the renowned infrastructural projects as a stimulus. Their effects will be a long time coming and possibly not all that widespread. Besides this, there will be a massive national debt hazard. Meanwhile, a ramp-up in consumption can provide a more instant, all-embracing, randomised fillip. Counter-intuitively, capitalists should do their utmost not to accumulate capital!

J.A.RUST, Figueira da Foz

Please note:

Due to popular demand we are discontinuing, from next week, the ongoing debate between James Ross and other correspondents, for the time being.

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Portuguese for all

Na lição de hoje vamos distribuir presentes de Natal por algumas pessoas, de acordo com o seu perfil. Até à próxima lição, Emília Rosendo.

Exercise: Read the paragraphs and decide who should be given the presents listed in the box which follows.

livro de receitas	microscópio	bicicleta
guarda-chuva	moldura	manta
guarda-jóias	triciclo	globo

1. Infelizmente, a **Anabela** não gosta mesmo nada de ler. Ela prefere passar o seu tempo livre no sofá da sala a ver filmes, sobretudo durante as noites mais frias de Inverno.
2. A **Sónia** é uma menina que gosta muito de ter o seu quarto bem arrumado e as suas coisas pessoais devidamente guardadas e organizadas.
3. A **Carla** interessa-se bastante por saber quais são as capitais dos países e onde estes, os mares e os oceanos se localizam.
4. O **Carlos** é solteiro, vive sozinho num pequeno apartamento e come quase sempre fora porque, segundo diz a toda a gente, não tem talento

nenhum para a cozinha.

5. Sempre que vão ao parque com a filha, os **pais da Maria** tiram-lhes muitas fotografias. Eles gostam particularmente de uma, que já mandaram revelar, em que a Maria está a andar de escorrega.
6. O **André** é um rapaz muito distraído e, por isso, esquece-se frequentemente das suas coisas por onde quer que passe ou esteja ou aonde quer que vá.
7. O **António** é um bebé muito activo que, desde que começou a andar, não pára quieto um minuto.
8. O **João** é um jovem verdadeiramente dedicado aos estudos. Muito bom aluno e trabalhador, quer ser, um dia mais tarde, cientista. É curioso e interessa-se principalmente por assuntos que estejam relacionados com as Ciências da Natureza e com a Geografia.
9. A **Maria** adora ir ao parque com os pais. Lá há muitos divertimentos e algumas das crianças da sua idade usam a pista alcatroada para andar de patins ou de skate.

Please send your completed exercises, with a STAMPED, SELF-ADDRESSED ENVELOPE, to me: Emília Rosendo at The Portugal News and I will send them back corrected. The Portugal News - Apartado 13, 8401-901 Lagoa. Tel: 282 34 11 00.

Zimbabwe - Situation "desperate", says Portugal ambassador

The situation in Zimbabwe, where riot police used batons this week to disperse a protest by health workers against a cholera outbreak that has killed over 500 people, is "desperate" and on the verge of collapse, particularly in the areas of health and food supply, says Portugal's envoy to Harare.

Ambassador João da Camara told the Lusa News Agency's correspondent in neighbouring South Africa by phone he remains "sceptical" at chances for a deal to create a legitimate government in Harare, but "without a functioning unity executive the country will continue along the road to total collapse."

"The situation is characterised by heightened economic and financial meltdown, immeasurable growth of misery and collapse of infrastructures," added da Camara, in addition to a cholera epidemic that is "out of control."

But despite the utter desperation of most Zimbabweans in the face of continuing deadlock between veteran President Robert Mugabe and opposition chief Morgan Tsvangirai to reach a power-sharing agreement, Portugal's ambassador said he didn't believe unchecked violence will erupt, as the people and leaders alike have no "natural inclination" for such behaviour.

TPN/Lusa

Four Harsh Truths about Climate Change

The scenarios predicted failed states proliferating because governments couldn't feed their people; waves of climate refugees washing up against the borders of more fortunate countries; even wars between countries that shared the same rivers. So I started interviewing everybody I could get access to: not only senior military people but scientists, diplomats and politicians.

About seventy interviews, a dozen countries and eighteen months later, I have reached four conclusions that I didn't even suspect when I began the process. The first is simply this: the scientists are really scared. Their observations over the past two or three years suggest that everything is happening a lot faster than their climate models predicted.

This creates a dilemma for them, because for the past decade they have been struggling against a well-funded campaign that cast doubt on the phenomenon of climate change. Now, finally, people and even governments are listening. Even in the United States, the world headquarters of climate change denial, 85 percent of the population now sees climate change as a major issue, and both presidential candidates in last month's election promised 80 percent cuts in American emissions of greenhouse gases by 2050.

The scientists are understandably reluctant at this point to announce publicly that their predictions were wrong; that it's really much worse and the targets will have to be revised. Most of them are waiting for overwhelming proof that climate change really is moving faster, even though they are already privately convinced that it is.

So governments, now awakened to the danger at last, are still working to the wrong emissions target. The real requirement, if we are to avoid runaway global warming, is probably 80 percent cuts by 2030, and almost no burning whatever of fossil fuels (coal, gas and oil) by 2050.



Gwynne Dyer.

Gwynne Dyer is a London based independent journalist whose articles are published in 45 countries.

His book, "After Iraq", has just been published in London by Yale University Press.

The second conclusion is that the generals are right. Food is the key issue, and world food supply is already very tight: we have eaten up about two-thirds of the world grain reserve in the past five years, leaving only 50 days' worth in store. Even a one degree C (1.8 degrees F) rise in average global temperature will take a major bite out of food production in almost all the countries that are closer to the equator than to the poles, and that includes almost all of the planet's bread-baskets.

So the international grain market will wither for lack of supplies. Countries that can no longer feed their people will not be able to buy their way out of trouble by importing grain from elsewhere, even if they have the money. Starving refugees will flood across borders, whole nations will collapse into anarchy – and some countries may make a grab for their neighbours' land or water.

These are scenarios that the Pentagon and other military planning staffs are examining now. They could start to come true as little as fifteen or twenty years down the road. If this kind of breakdown becomes widespread, there will be little chance of making or keeping global agreements to curb greenhouse gas emissions and avoid further warming.

The third conclusion is that there is a point of no return after which warming becomes unstoppable – and we are probably going to sail right through it. It is the point at which anthropogenic (human-caused) warming triggers huge releases of carbon dioxide from warming oceans, or similar releases of both carbon dioxide and methane from melting permafrost, or both. Most climate scientists think that point lies not far beyond 2 degrees C hotter (3.6 degrees F).

Once that point is passed, the human race loses control: cutting our own emissions may not stop the warming. But we are almost certainly going to miss our deadline. We cannot get the ten lost years back, and by the time a new global agreement to replace the Kyoto accord is negotiated and put into effect, there will probably not be enough time left to stop the warming short of the point where we must not go.

So – final conclusion – we will have to cheat. In the past two years, various scientists have suggested several "geo-engineering" techniques for holding the temperature down directly. We might put a kind of temporary chemical sunscreen in the stratosphere by seeding it with sulphur particles, for example, or we could artificially thicken low-lying maritime clouds to reflect more sunlight.

These are not permanent solutions; merely ways of winning more time to cut our emissions without triggering runaway warming in the meanwhile. But

About two years ago, I realised that the military in various countries were starting to do climate change scenarios in-house – scenarios that started with the scientific predictions about rising temperatures, falling crop yields, and other physical effects, and examined what that would do to politics and strategy.



Britain's Prince Charles (extreme left background) is escorted by Mamoru Mori (2nd L), Executive Director of the museum and former astronaut, as he visits at National Museum of Emerging Science and Innovation (Miraikan) in Tokyo October 28, 2008. A symbol exhibit "Geo-Cosmos" is seen in front of them. (Photo: Lusa/epa/Issel Kato)

the situation is getting very grave, and we are probably going to see the first experiments

with these techniques within five years.

There is a way through this

crisis, but it isn't easy and there is no guarantee of success. As the Irishman said to the lost

traveler: If that's where you want to go, Sir, I wouldn't start from here.

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Expression Photography: portraits with passion



Ever wondered how a classy family portrait would look hanging on a wall in your home? How your favourite pet would look on canvas? Expression Photography creates professional, bespoke portraits of style and elegance.

Carla and Adam, originally from the Northwest of England, graduates in Photography and Graphic Design, moved over to Portugal just over a year ago to start their business in portrait photography. Despite their initial intentions of setting up a workshop in England, they were later persuaded by Adam's uncle to venture to the Algarve, both for the lifestyle and also as a great business opportunity.

Expression Photography offers an exceptional prospect for people to own a unique photograph that doubles as a piece of art for the family home.

Concentrating on family and pet pictures, the photo sessions are held in their studio in order to have better control of lighting and other enhancements, so that the final piece exceeds client's expectations.

As Carla and Adam believe photo sessions are meant to be fun, they normally ask people to bring a treasured item of their own, such as a favourite toy or something that illustrates a person's sport or hobby, giving the final portrait a personal touch.

After the photo session the customer receives a mini-photo preview until they receive the finished product.

Some computer work (touch-ups) can be applied to hide a pimple or baggy eyes, etc, so as to obtain a result with which the customer is happy.

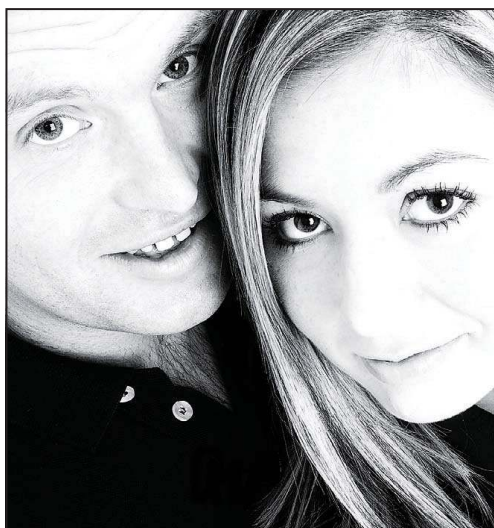
Mixing photography and art, the final product is then shown a few days later in the viewing room of their shop in Almoncil, at which time sizes are discussed. All portraits are printed to size and often people know exactly what size they want and where they intend placing the portrait in their home. When this occurs, Adam and Carla always make sure the portrait suits the style of the home.

Some clients ("mostly men!") approach a photo session with some trepidation, "but once they realise it's all about having a bit of

fun and trying to capture their own character and personality, they relax and enjoy the hour", the couple explain.

The modern, professional shop is located on Rua do Comércio in Almoncil and is open Tuesday to Saturday from 10h00 till 18h00, staying open during lunch hours. For more information please visit the shop, email: enquiries@expressionphotography.eu or call 289 397 410.

Their website is www.expressionphotography.eu and running soon at www.expressionphoto.



Do your Christmas shop at Vila Sol Shopping



This year Vila Sol Vilamoura inaugurated an exciting new project: the Vila Sol Shopping centre, a place of leisure and opportunities, with quality and comfort that will allow visitors and shoppers alike to enjoy unique moments of pleasure.

Vila Sol Shopping is located at the main entrance of the resort near the N396, on the road to Vilamoura and Quarteira.

This 3,000 square metre commercial area comprises a variety of establishments, including Barclays bank, Delifrance, Maria & Maria Romão design shop, handicraft shop Olaria Nova, Traditional Irish Pub Oscars, Only Kids fashion for children, Pineda Covalin Mexican fashion shop, supermarket Ponto Fresco, restaurant Sabores do Mundo, Universo Gourmet shop, 8 & 80 furniture and decoration shop, Imoatlantica and Dreamdealer real estate agencies, magazines and newspapers at Dinamica V, Opticália eye specialists and lawyer's offices.

It is all nicely surrounded by open-air terraces, gardens and pedestrian walkways with a privileged view over the golf course.

Designed by architect Regino Cruz, this Shopping Centre was created to provide comfort to people using its facilities and contributes to upgrading the quality of life for the Resort's



residents and regular clients, as well as visitors and local residents.

Vila Sol Shopping is a unique area of shops and services that will also be a place of therapy for those who visit and work in it. Here you will certainly find something to enjoy, as well as

being the ideal place to do your Christmas shopping.

Find that perfect gift at Vila Sol Shopping.

For more information, contact Vila Sol Vilamoura Spa & Golf Resort: Telephone: (+351) 289 300 587, or fax: 289 300 594.

The English Butcher, excellence by succulence



Few butchers can boast the fresh, varied selection of meats the English Butcher can. Located directly opposite the post office in Almoncil, only the most succulent and highest quality meats are sold, including a vast selection of international favourites, perfect for the upcoming traditional Christmas dishes.

These include New Zealand lamb, English sausages, Dutch bacon, Brazilian beef filets, and South African delicacies like Biltong and Boerewors.

Complementing the South African meats is a wide range of food goods, including Appletizer and Peartizer drinks, biscuits, teas, coffee, spices and chutneys.

All the Christmas favourites are available, including fresh meats and tinned condiments. A range of traditionally British Christmas meats, like partridge, duck and the good old turkey, are available, as are chipolatas and bacon, complemented by jars of cranberry and apple sauces, pickled onions, stuffing mixes, etc...

Supplying the Algarve with outstanding meats for nearly two decades, 'The English Butcher' (aka José Santos and his wife Rita) have also travelled widely. The couple previously lived for 26 years in South Africa, gaining firsthand insight into what makes South African meats so tasty.

Fresh hamburgers, meatballs, and kebabs can all be made at the customer's request, ideal for

barbeques. On a more national note, regional meats and local farm produce is available, including smoked hams, meats for typical Portuguese dishes, and even a selection of cheeses.

A vast range of UK tinned foods, like baked beans, mushy peas, corned beef and even Campbell's tinned meatballs, also fill up the shelves, meaning you need go nowhere else to purchase ingredients for a full, filling, flavoursome meal.

So whatever you may be fancying for tea tonight, 'The Eng-

lish Butcher' will have the freshest and the tastiest meat, and the ideal sauce to go with it too! 'The English Butcher' will also cater for larger orders, and commercial establishments such as restaurants and hotels, offering a convenient drop-off service if required.

Visit the English Butcher, open Monday to Friday, 08h00-13h00 and 15h00 - 19h30, and Saturdays 08h00 - 18h30. Alternatively, place your orders by calling (+351) 289 395 859, or 965 864 682.



PROPERTY

A 10 page weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 6 Dec 2008

PROPERTY OF THE WEEK

Villa Martin, Vilamoura



Located on the outskirts of Vilamoura, just a few minutes' drive from all of the city's amenities, Marina and golf courses, is this week's Property of the Week; an outstanding, four bedroom villa being exclusively promoted by Silver Holidays.

This beautiful 4+1 bedroom, four bathroom detached property overlooks the Pinhal golf

course and driving range, and is to be sold 'fully furnished'. The luxury villa is located on

a large plot in a quiet cul-de-sac, surrounded by neighbouring luxury villas near the Hilton



Hotel. It has a private swimming pool surrounded by extensive landscaped gardens.

The interior of the house has been renovated to a high standard, offering beautiful rooms that are tastefully furnished, becoming the perfect holiday villa or residential home.

The villa comprises a large living/dining room with wood-burning fireplace, overlooking the swimming pool and golf course.

It has a completely equipped modern kitchen, four bedrooms, all en-suite, and a large office or fifth bedroom.

The villa is also fully air-conditioned, furniture includes leather sofas and a Panasonic Plasma TV.

Outside there is a swimming pool with Pinhal golf and driving range views, sprawling landscaped gardens, electric entry gates, and a private garage.

Plot Size is approximately 1,500 square metres; construction size, approximately 250 square metres.

It is on sale for €795,000.

For more information, or to book a viewing, contact Silver Holidays on: (+351) 289 314 312, fax: 289 314 260, or e-mail: info@silverholidays.com.

Alternatively, see their website: www.silverholidays.com.



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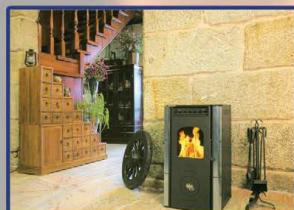
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CARVOEIRO Ref^o V82245

Quality & prestige on the golf. 4 bedroom detached villa excellently located on very quiet & exclusive area inside Vale da Pinta Golf Course, nr Carvoeiro. 1.400sqm plot w/350sqm constr. area. Fully furnished & equipped. Top quality finishes. A/c. Alarm. Central heating. Pre-install. central vacuum sys. Landscaped garden w/sea view. South facing w/fabulous golf & sea views.

Price: € 1.275.000



S.B. MESSINES Ref^o V72018

Old Wind Mill fabulously transformed into a 5 bedroom detached villa. Lots of character. Located on very quiet area approx. 5 mins drive from Messines. 1.440sqm plot w/221sqm constr. area. Living room w/ fireplace & separate dining. Lovely conservatory. Fitted kitchen. Garden w/sea view & ornamental pond. Private parking for several cars. Lovely panoramic views.

Price: € 350.000



ALBUFEIRA Ref^o V71942

4 bedroom detached villa on a very quiet and residential area. Approx. 15 minutes drive to the beach. 675 sq.m. plot with 287 sq.m. of constructed area. Top quality finishes. Fully fitted kitchen. Living room with fireplace. Four en-suite bedrooms. Private garden with lovely pool area.

Price: € 560.000



VILAMOURA Ref^o A71861

2 bedroom apartment in a closed complex w/ reception, large green areas & 3 sw. pools. Between Pinhal & Old Course. Approx. 15/20 mins walk to Marina & beach. 120sqm constructed area. Furnished & equipped. A/c. Private garden w/ direct access to pool area. Private parking space. Storage. Impeccably well maintained.

Price: € 295.000



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Vilamoura: 289 301 294



Tavira

Modern & spacious 4 bedroom/3 bathroom duplex apartment with large sun terrace and garage set in a new, central located residential area within walking distance to Tavira town centre. Covered area: approx 190 m2 excl. terraces of 63 m2.

Ref: LHA-861 Price: € 230.000



Tavira

Split-level property with 4 bedrooms, 3 bathrooms, spacious back garden, roof terrace & garage. Ideal holiday home or permanent residence in well established residential area. Constr. approx. 180 m2, excl. garden & garage of 39m2 & 21m2. Built in 2008. Good value for money.

Ref: LHT-869 Price: € 269.000



Tavira

Great Opportunity! T3 townhouses with charm, private pool and spacious basement, located on an elevated position in a sought after area in lovely Tavira, enjoying wonderful panoramic sea views. Constr. Approx 160 m2 + terraces of 30m2.

Ref: LHT-871 Price: from € 290.000



Santa Catarina

Modern, well designed single storey 3 bedroom/3 bathroom (2 en-suite) villa with pool on a good size plot (6000m2), centrally located within a short distance of some of the best beaches of the Eastern Algarve, built 2008.

Ref: LHV-1020 Price: € 450.000



Santa Catarina

Attractive and well-maintained split level, 3 bedroom/3 bathroom villa, with beautiful swimming pool (10x5 m), garage and basement set on a good-size plot (4850m2) in the country side. Constr. approx. 229 m2, built in 2004. Good road access. Price negotiable.

Ref: LHV-1026 Price: € 655.000

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Quarteira

Centrally located, 5 minutes from the beach, 2 bedroom apartment composed of 2 bedrooms, lounge with dining area with fireplace, kitchen, storage and terraces. Furnished and equipped. Parking space in the basement. Construction area - 92 sq.m.

Ref: A1278

Price: € 145.000



Loulé

Villa with ground floor and 1st floor composed of 4 bedrooms, 2 bathrooms, 3 lounges, 2 kitchens, pantry, laundry room and storages. Garage and terraces. Villa has 2 separate entrances. Located in the centre of Loulé. Construction area - 200 sq.m.

Ref: V12595

Price: € 180.000



Vilamoura

Duplex apartment composed of 2 bedrooms, 2 bathrooms, lounge w/ dining area, equipped kitchen, storage, laundry room and terraces. Storage and parking space in the basement. Communal swimming pool and garden area. Construction area - 114 sq.m.

Ref: A1277

Price: € 215.000



Vilamoura

Attached villa composed of 3 bedrooms, 3 bathrooms, lounge w/dining area, kitchen, storage and various terraces. Outside parking area. Condominium with swimming pool and garden area. Furnished. Construction area - 122 sq.m.

Ref: V12596

Price: € 325.000

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- Aptm: 77 - 110m²

Ref: A1189

Price: € 110.000 - € 200.000



Olhão

- Fisherman's cottage
- To be restored
- 2 bedrooms 1 bathroom
- Possibility for 1st floor
- Small rear patio
- Cottage 40m² plot 60m²

Ref: C1148

Price Reduced: € 95.000



Quinta do Lago

- Beautiful spacious villa
- 10 mins. walk to beach
- 3 bedrooms 3 bathrooms
- Roof terrace ocean views
- Pool 10m x 5m, garden
- Plot 1.100m²

Ref: V798

Price: € 1.450.000



Santa Bárbara de Nexe

- Beautiful hillside villa
- Completely renovated
- Panoramic coastal views
- 5 bedrooms 5 bathrooms
- Pool 9,5m x 4,5m, terrace
- Villa 232m² plot 4210m²

Ref: V1158

Price: € 895.000



Tavira

- Beautiful spacious villa
- Close to town centre
- 5 beds., studio, 4 baths.
- Roof top pool terrace
- Double garage, patio
- Villa 350m² plot 378m²

Ref: V1186

Price: € 450.000



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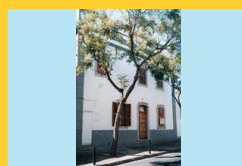
Neighbourhood Moncarapacho

High quality 2 to 3 bedroom villa (268 m2) w/central heating, in country-side peaceful surroundings w/ stunning sea & countryside views, sw.pool (9x5m), spacious garage, roof terrace w/large storeroom, solar panels, bore-hole, 2 water tanks, 4.680m2 land w/lovely landscaped garden, 5kms from Moncarapacho. EA 074 VMON - € 395.000



Apartment Conceição

Attractive 2 bedroom, 2 bathroom apartment built in 2006, with air con, situated on the 2nd = top floor with 10.97 m2 terrace and pretty views, parking space in the basement, use of swimming pool. Situated within walking distance to Conceição and Cabanas centre. EA 075 ACON - € 169.000



House Tavira

Exceptional 4 bedroom, 3 bathroom house modernized in very good taste and enlarged in 2004 to a high standard, with spacious terrace and 90 m2 of pretty garden, above ground swimming pool, situated in the centre of Tavira. REF EA 076 HTAV - € 450.000



Cottage Neighbourhood Santo Estevão

Charming 2 bedroom renovated cottage, with various outhouses, situated approx. 2kms from S. Estevão in the countryside & 6kms from Tavira, surrounded by 2.800m2 of relatively flat land. This property has brilliant potential. EA 072 - CSEST - € 180.000



Apartment Tavira

Brand-new 2 bedroom, 2 bathroom apartment (97m2) in the centre of Tavira on the 1st floor of an attractive building having all the traditional local characteristics, but offering all modern requirements, e.g. A/c fully fitted kitchen, parquet floor. EA 077 - ATAV - € 160.000



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Ref. V-327 Price: € 275,000



Centianes / Carvoeiro

Spacious 4 bedroom villa w/ seaview, close to Centianes beach. Comfortable lounge, dining area, fully equipped kitchen, double bedrooms w/shower/bath en suite, garage, mature garden, sw. pool w/ sun terrace. Ready to move in!

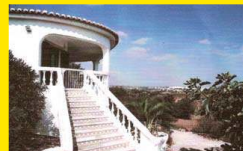
Ref. V-350 Price: € 635,000



Near Silves

Charming detached farmhouse on 1200sqm plot. 2 double bedrooms, 1 shower room, spacious lounge/diner, equipped kitchen, small pantry, large covered patio. Nice garden, A/c, wood burner. Garage/workshop, utility room, space for pool, own borehole. Ref. V-351

Price: € 269,000 / £ 188,000



Salicos

Spacious 3 bedroom villa on cul-de-sac road in excellent location w/ view of Monchique mountains, close to Marinha beach. 300sqm plot. Open plan kitchen, lounge, dining room w/ wood burner, large terraces, easy to maintain garden. Space for sw. pool.

Ref. V-349 Price: € 445,000



The ultimate in comfortable living at the best area of the Algarve. Panoramic Seaview. 5 bedroom villa of 330sqm, mature garden w/ sparkling pool, modern amenities. Top quality construction. Quick sale to the discerning buyer at a realistic price.

Ref. V-352

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Christmas Cheer Across The Algarve

Montes do Alvor
Ref: S368

Reduced to €150.000

- 1st floor apartment with rental licence
- 2 bedrooms, 2 bathrooms
- Closed condominium with café
- Pools & tennis court
- 2kms from Alvor centre & beaches



Moncarapacho
Ref: S317

Reduced to €370.000

- Large detached country villa
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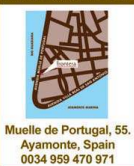
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Christmas Cheer Across The Algarve

Porches
Ref: S335

Reduced to €550.000

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- Delightful gardens & pool area
- Close to exclusive Vila Vita hotel



Montes do Alvor
Ref: ST367

Reduced to €250.000

- Townhouse on a corner plot
- 3 bedrooms, 2 bathrooms on 2 floors
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- 2kms from Alvor centre & beaches



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Q: What's an easy way to spruce up a kitchen for a house sale without doing major DIY?

A: Painting or replacing the tiles and/or cupboard doors is a great quick fix, as is replacing the handles with more up-to-date ones. Repainting the room (in a neutral colour) is another inexpensive and easy way to give it a fresh new look.

Q: We've removed some shelves from a wall and now it's full of holes filled with Rawlplugs. What's the best way to deal with them?

A: Getting Rawlplugs out can be tricky (you'll need some long-nosed pliers) and sometimes you remove a fair bit of the wall with them, but this will ensure a good finish, providing you fill and sand properly afterwards (filler designed for deep

repairs is often required). If you can't get the Rawlplugs out, push them in. At the end of the

day, you need a flat surface for a good finish so they have to go in or out.

Top tips for... painting stripes

• If you want a feature wall but your wallpapering skills aren't great, painting stripes is a fairly easy way to create a unique look. Be sure of the kind of stripes you want before you begin and have something to copy if it's a complicated design.

• If the wall is painted a strong colour and you don't want that colour in the finished design, paint over it with as many coats of another colour as it takes to cover it, or use a (white) base coat paint, which is designed to cover strong colours quickly and easily. Don't continue with your stripes until this is completely dry.

• Mark out your stripes using a tape measure/ruler and pencil and then stand back to check that the stripes are uniform and that you like the look you've created. Use a spirit level to ensure

they're straight. Vertical stripes will make the ceiling appear higher, while horizontal ones will make the wall seem wider.

• Use masking tape along the relevant pencil lines when you're ready to paint the first colour. Low-tack tape is a good idea because it's less likely to pull off the paint underneath when you remove it.

• If you're using a roller, work from top to bottom and don't overload it with paint, as this may bleed under the masking tape. If you're using a paintbrush, paint over the tape inwards into the stripe when doing the edges to try and prevent the paint bleeding underneath. Peel the tape off very carefully but do be prepared to do some touching up. Painting in this kind of exact way can be frustrating and time-consuming.

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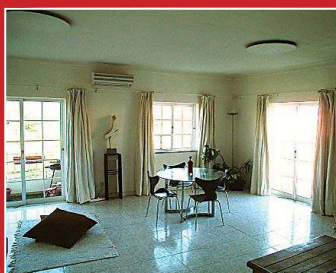
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A-684



Well located T3 apartment in Lagoa

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Gifts for the green-fingered



There are so many gardening gifts out there this festive season to suit all pockets and tastes. It's reassuring to see so many have been produced with eco-friendly materials, and designed with wildlife in mind. Here are just a few that caught our eye...

Adopt a vine gift box: This is a wine lover's dream: a vine dedicated to them at a British vineyard and some tasty perks to go with it. First register ownership and then receive a privilege card entitling the recipient to a vineyard tour, a wine tasting and 10% discount at the vineyard shop. (£29.99/€35.80, Leukaemia Research - www.leukaemia-shop.com, tel. 00 44 (0) 1736 364636)

For contemporary gardens, check out this stylish glass bird



feeder. Made of hand-blown glass, it would make a wonderful decorative feature and will soon find fans among small birds all year round. (£29.95/€35.75, Natural Collection - www.shop.com)

For a really individual gift, check out gettingpersonal.co.uk for its personalised gardening calendar. Each image for every month includes your chosen name or names spelt out on a lovely gardening photograph,

and includes a personal greeting message of up to 150 characters. Available in two versions, wall hanging A4 size or desktop tent style. (£14.95/€17.85, www.gettingpersonal.co.uk, tel. 00 44 (0) 845 217-6382)

I'm still wearing the faux-fur-lined Mammoth (£34.95/€41.70) from my favourite gardening shoe range, Crocs. Now they've brought out a warm fur-lined boot, the Nadia, ideal for braving the winter elements (£68/€81), and even a comfy children's wellie, the Flurry (£36/€43) (www.crocs.eu/shop/)

For a practical stocking filler, try the new Wilkinson Sword Comfort Grip Scissors, designed for deadheading a variety of houseplants and larger outdoor foliage, plants and house trees. The handles are larger and soft-touch

material has been used to create the loop-shaped design that provides overall comfort and con-



trol. The stainless steel blades give a clean, one-snip cut. (£8.99/€10.75, from selected independent garden centres and nurseries, B&Q in the UK)



If the man in your life needs to put up trellis, shelves in the shed, build a tree house for the kids or make a compost frame, he'll need the right tools for the job. Bosch is claiming a world first with its launch of the Uneo, a cordless screwdriver, drill and rotary hammer all-in-one tool.

Weighing 1.1 kilos and no bigger than an A5 sheet of paper, this compact power-pack makes light work of screw-driving, hammering and drilling - even through concrete - thanks to its pneumatic hammer mechanism and lithium-ion battery. So, no trailing cable and, hopefully, no accidents.

(RRP £119.99/€143.50. For more information go to:

www.bosch-do-it.co.uk/diy/ or call 000 44 (0) 844 736 0107)

A membership to the Britain's National Gardens Scheme's new Friends programme would make the perfect Christmas gift, granting the recipient free access to beautiful gardens, while helping to raise money for charity.

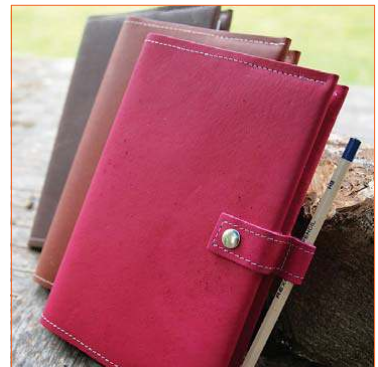
For £10/€12 for a year, 'Friends' will receive a free copy of the famous Yellow Book, listing 3,600 mostly private gardens which open to the public every year, and a bi-annual newsletter keeping them in touch with the stories behind the garden openings. A highlight for 2009 will be an evening hosted by Alan Titchmarsh. Charities supported include Macmillan Cancer Support, Marie Curie Cancer Care, Help The Hospices, and Crossroads - Caring for Carers.

(You can join online at: www.ngs.org.uk, e-mail: friends@ngs.org.uk or call: 00 44 (0) 1483 213910)



If you are forever losing your gardening string, these jute twine holders, designed and hand-crafted in the UK, are ideal for hanging in the greenhouse, potting shed or kitchen. Complete with chunky twine and scissors, they also ensure that the twine doesn't get tangled. (£12/€14.50, www.fairwindonline.com or tel. 00 4 (0) 20 8374-6254)

From the same company, these gorgeous gardener's journals are made using genuine English leather, protected with a



special water-repellent finish so they can be used all year round. A practical gift for recording the seasons' events in the greenhouse and garden, it comes complete with a refillable, bound, plain paper notebook and wood pencil. (£29.50/€35.25, www.fairwindonline.com or tel. 00 44 (0) 20 8374-6254)

If the gardener in your life likes music, buy them a water-resistant Eton AM/FM Wind Up Radio with siren, torch, and phone charger. With three sources of power (battery, mains and wind up)



and a durable exterior it is a versatile and Eco-friendly radio, which comes in a range of colours. (£39.99/€48 Nigel's Eco Store at: www.nigelsecostore.com, or tel. 00 44 (0) 800 288 8970)

Stylish long-stemmed glass tealight holders will bring both the indoors and outdoors to life. They can be used in flowerbeds, pots, vases and even wine bottles. A range of colours is available. (£13.95/€16.70, www.inspire-inspire.co.uk or tel. 000 44 (0) 1953 488907) Hannah Stephenson

Top tips to...

Perk up your front garden

1. Rake gravel driveways from time to time to disturb and kill weed seedlings.
2. Hire or buy a pressure washer to keep paving pristine, or use a path cleaner with moss and algae controls for a more lasting effect.
3. Keep access to your front door direct, because meandering paths will be ignored by visitors.

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Best of the bunch

Erica Carneia (Winter-flowering heather)

These wonderful evergreens are fantastic at this time of year when everything else is dull and dingy. I love the pink hues of varieties such as 'Springwood Pink' in winter tubs alongside variegated ivy and small conifers. Plant them closely in a border for cover, or feature in and scree try other mauves whites if to create a of heather ally no nance.



Heather should be planted in well-drained soil with plenty of organic matter, preferably in full sun. They prefer acid soil. Give them a trim after flowering but avoid cutting into old wood, because they won't recover from that. Other good types include 'King George' and 'Vivellii', which has bronze-tinted foliage and purple flowers.

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Don't just feel sorry for yourself if you're suffering from winter ills - spare a thought for rooms that may have their own seasonal ailments.

You wouldn't prance about now in thin summer togs, so your home should be suitably re-dressed for December and beyond too.

After all, what looks fab bathed in warm sunshine and bright light can suddenly look distinctly unappealing in the cold, harsh light of winter.

Urgent treatment to turn up the temperature - without raising those scary heating bills - will result in a cosy, sensual sanctuary suitable for hibernation and socialising.

Be warned though - it's easy

to let winter winds blow style out of the window, and you can end up with an ill-thought out assortment of accessories that may be warm but won't earn you any festive compliments.

It's essential to avoid no-nos such as sausage dog draught excluders, uncoordinated throws that make sofas look like badly dressed parcels, and an odd mismatch of lightweight and winter cushions.

Follow our prescription and treat your home to some cosy and desirable homeware with distinctly purse-friendly price tags.

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Raspberry muffins

Makes 9 muffins

If you have raspberries left over from this recipe, stir them into Greek yoghurt and top with runny honey for a quick and tasty pud. If raspberries aren't around, these muffins are just as scrummy if you use the same weight of fresh blueberries instead.

200g (7oz) self-raising flour
1tsp baking powder
75g (3oz) caster sugar
1egg
175ml (6fl oz) milk
125g (4 1/2oz) butter, melted and cooled
175g (6oz) fresh raspberries

Preheat the oven to 190C/375F/Gas mark 5. Line muffin tin with nine muffin cases. Sift the self-raising flour, baking powder and caster sugar into a mixing bowl.

Whisk the beaten egg with the milk and cooled butter and stir into the dry ingredients, until just mixed (don't overmix). Then add the raspberries.

Divide the mixture between the muffin cases and bake in the oven for 20-25 minutes until risen and lightly golden. Enjoy one while still warm! Then leave the rest to cool on a wire rack.

Island Café is situated at the entrance of Presa de Moura, in Sesmarias, near Carvoeiro and offers American casual dining in the relaxing atmosphere of their new, modern restaurant. The restaurant has an airy 'garden' feel, from the moment you pass the many plants on your way in,

to the very large open windows leading onto the terrace. Your host Tony Trinder says his brilliant staff will serve up-market American food which is exceptionally good value. The wine list offers a very good selection and there is a separate children's menu. There are plans for live music twice a

week during the winter and reservations are recommended.

The Battering Plaice in Almancil (just next door to the Post Office) is the place to go for English Fish & Chips as we know and love them! As well as offering traditional cod and chips they also have Haddock, Scampi, Doner Kebabs, Pies, Sausages and much more. You can eat in the restaurant or order a takeaway, and there is a delivery service to Almancil, Quinta do Lago and Vale do Lobo areas as well.

Shanghai Chinese Restaurant offers excellent quality, and only fresh produce in all its delicious dishes from Shanghai. These regional dishes are not found in other Chinese restaurants. Your hosts Wen and Ying, along with their friendly staff give a fast and efficient service, which includes take-away. They will even prepare your favourite special Chinese dish! Just give them time to make it. However, you might like to try their Sizzling Prawns with ginger and onion or maybe Canton Spicy Duck, or how about their sweet Thailand Fried Rice. They are easy to find, on the Almancil road going to Vale do Lobo - look out for the fishpond in the front.

Seattle Style describes itself as an American Bar and Chowder House and is located on Alvor's harbour next to the Lifeboat Station, overlooking nothing but the river, fishing boats and sailing yachts. As well as traditional dishes from the U.S.A. they offer steaks, seafood, giant prawns and Tex Mex - served in

typically American portions - inside or outside on their large terrace. Children are welcome and there is live music every night. The Bar has Sagres, John Smiths, and Fosters beers, and also Strongbow cider on tap, plus American cocktails and fresh fruit Margaritas are a house specialty. There are wheelchair facilities.

Way Point at Lagos Marina is recognisable by its bright contemporary lighting outside. The comfort of the modern red and white interior with its glass frontage offers gorgeous views of the many yachts moored in the Marina. It also has two terraces, one overlooking the Marina, and one at the back overlooking the swimming pool. Chef Ricardo Santos prepares for your delectation Portuguese food with a contemporary flavour (Black pig with Prosciutto served with Acorn Purée for example) from separate lunch and dinner menus using locally sourced ingredients. There is a children's menu as well, and a good selection of wines to choose from.

The Cornish Range in Burgau offers a taste of Cornwall in the Algarve in their air conditioned premises or as a takeaway treat. Their range consists of traditional Cornish pasties, sausage rolls, scones and muffins, clotted cream, homemade desserts, sandwiches, 100% pure apple juice and award winning ice cream. Hmmm ... sounds delicious. Parties are catered for and they have a membership scheme for surfers and golfers.

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Photo Left: Julieta and Vanya in their occupational therapy classroom at the home



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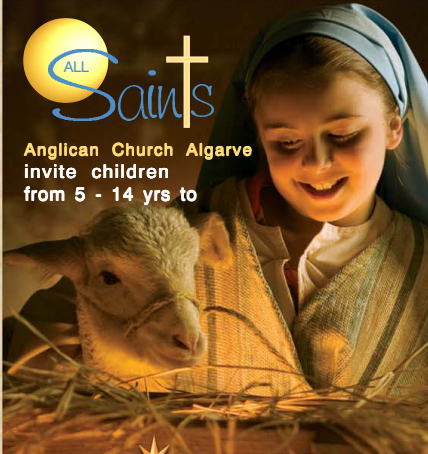
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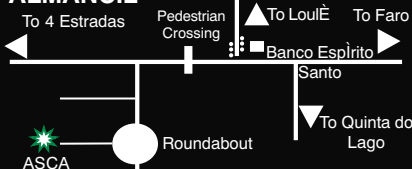
- Post any last-minute cards or parcels.
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- Buy or collect evergreens and other foliage for Christmas decorations and arrangements.
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Shed the right sort of pounds this Christmas



Don't end 2008 feeling like a stuffed sausage - we find out how to wine and dine without ruining your waistline - or hurting your health.

Christmas is coming, the goose is getting fat - and so will we if we're not careful about what we eat over the festive season.

Every year, millions of us are tempted to start gobbling down mince pies earlier and earlier as supermarkets start promotions and we build up to the big calorie-fest that is Christmas week.

The average Brit consumes a gut-busting 7,000 calories on Christmas Day alone, but it never ends there, does it?

Days after the presents have been unwrapped, a seemingly innocent meal of a turkey sandwich, a leftover mince pie and a glass of wine comes to a whopping 930 calories, which you'd have to walk 9.3 miles to burn off.

And even before Christmas, there are parties to go to and treats being passed round the office. It's no wonder that by January, our clothes are feeling uncomfortably tight and we're signing up at the gym - again.

But it's not all doom and gloom - with some careful planning it is possible to have a low calorie Christmas, says nutri-

tionist Carrie Ruxton.

"On average, people put on about three or four pounds over Christmas because it starts a lot earlier than it used to. We're now starting the party season at the beginning of December so there's a whole month of eating and drinking more.

"It's important to think about what you're going to do over the festive period so you don't end up feeling this weight gain and then feeling miserable about it in January."

Carrie recommends deciding what your approach to Christmas eating and drinking will be, and then sticking to it.

"Dieticians always come across as killjoys at Christmas, but that's because our clinics are always flooded in January with people saying 'oh dear, I've put on a stone, I'm so depressed about it'. You can enjoy yourself, but you have to think ahead and make your choice.

"You either go overboard on Christmas Day and then try to make up for it a few days after by being more active and eating and drinking less, or you decide that you're going to enjoy every

day of the Christmas season, but maybe eat a bit less everyday to minimise weight gain."

Follow Carrie's tips for a guilt-free Christmas:

More protein, less fat

"On Christmas Day and Boxing Day, think about the plates of food that you have and go for more turkey and more veg and then minimise the sauces and high fat ingredients like roast potatoes. Turkey is low in fat and very high in protein, which has been shown to make you feel full for longer, so you won't come back for more."

Vary your vegetables

"Vegetables are low GI and high in fibre and will fill you up with fewer calories than fatty alternatives like nibbles and sausage rolls. But it's easy to get bored of veg over the Christmas season and then you'll start having smaller portions. Why not try roasting winter vegetables like swedes and onions or go for seasonal cabbage and spinach for a change?"

"Roasted potatoes are really really high in calories because they've been sitting in fat in the oven. Why not mash, bake or

boil them for a healthier alternative?"

Have smaller portions

"In Mediterranean countries, they put a small amount on their plate and then, if they feel like it, they'll have some more. But in Britain, we load up the plate until it's overflowing and then everybody feels obliged to eat everything on the plate. Switch to the Mediterranean style and you'll probably find you eat less."

Choose healthy starters and puddings

"Go for soup because it's more filling than greasy vol-auvents or sausages on sticks and for dessert, try something like meringue with fruit and natural yoghurt, which will be much lower calorie than the traditional pudding with custard and brandy butter. If you really have to have Christmas pudding, have a smaller portion than normal."

Take breaks between courses

"Christmas dinner is the big family meal of the day, so if you have breaks where people can get up from the table and come back, it gives the hostess a break and it

means the food has time to kick in, so you'll eat less."

Supplement low calorie ingredients

"You can shave a lot of calories off your Christmas meals, by using alternative ingredients, like skimmed milk in custard and sugar replacements. If you're making your own Christmas pudding, you can use lots of fruit and less of the fat and sugar to get the calories down. If you're making biscuits, reduce the sugar and add in things like oats to pad it out and make you feel fuller."

Go easy on the alcohol

"Watching your alcohol intake is important, because people sometimes forget the calories you get in a glass of wine or pint of beer. A large glass is 200 calories, so if you have five of that's 1000 calories, or half a woman's daily requirement of energy. That's a lot of extra calories that won't make you feel any less hungry."

Exercise

"A good brisk walk after Christmas lunch instead of slumping on the sofa will help with digestion and should burn



off a few calories. But if it looks a bit gloomy outside on the day, there are things you can do inside as well. The kids always get bored at Christmas, so play with them, run around the house and have a laugh and that will help get rid of some calories and help with your digestion too."

By Kate Whiting

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Winter rescue

The winter season can be a cruel one. If the onslaught of coughs and colds don't get you down then the dark evenings and chilly temperatures will. It's at this time of year when your immune system and energy levels take a nose dive, you... (to put it bluntly) need rescuing. There's a multitude of complaints regarding you, your skin and your nails that seem to surface throughout the chill of winter, so wrap up, layer on the moisturiser and prepare to be saved.

Complaint 1: Dull, dry, lifeless skin.

At this time of year your skin really takes a hammering. Battered by chilly winds and winter sun, then sapped lifeless by air conditioning and central heating there's no wonder your skins' not at it's best. Not only is your immune system low but your skins' natural barrier may be to suffering. A compromised barrier can mean dryness, flaky patches, itchiness, redness and breakouts for your skin.

Product Rescue:

Unfortunately there is not one miracle, stand alone product that

is going to help you here. If your homecare routine is seriously lacking you'll need to invest in the basics first, if you have a thorough homecare routine you'll probably have to adapt and change a few of your products. 'Dermalogica's Sensitised Skin Kit' (€29.50) is just what you'll need to repair and rescue your skin. Perfect to kick start your routine at this time of year, but equally as good as a four week rescue treatment for those serious skin buffs.

Treatment Rescue:

A hands-on facial is great but for maximum product penetration you need to turn to the machines. Forgo serious exfoliation and resurfacing you need a treatment that will push products deep into your skin. The Bio Ultimate Platinum Age Defying Facial (75 minutes - €65) will do just that. Not only will this treatment gently exfoliate but with additional, personalised skin programmes, it will increase Elastin and Collagen production and push the products you need into your skin.

Complaint 2: Dry, peeling, split, weak nails.



Natural nails can be troublesome throughout the year, but in winter any long, healthy nails can be zapped of any life they once had. It's important to know that your nails can reflect how your body is functioning on the inside. Keeping yourself healthy, through diet and exercise is of great importance to the health and condition of your nails.

Product Rescue:

Jessica products are the original in natural nail care. Nails have their own DNA, their own spe-

cific strengths and weaknesses - just like hair and skin, and Jessica Nail products recognise this. Customisation and personalisation are key aspect to a Jessica Manicure, however if your looking for a rescue product you need 'Critical Care' (€24) a powerful growth booster for weak nails. This product will need to be applied every 2/3 days for maximum effects.

Treatment Rescue:

It goes without saying, you need a manicure. Not however,

just any manicure. What you need is a manicure that will recognise your nail type and incorporate a heat treatment. Both Jessica and Nailtiques Manicures consider different nail types and base coats, oils and top coats will be chosen depending on your individual needs. A heat treatment such as paraffin wax or heated mitts will increase the temperature of your hands, thus loosening pores and allowing for more effective absorption of the products.

Complaint 3: Feeling flat, deflated and depressed.

The lack of natural sunlight is attributed to the low self esteem and low energy levels that people feel during winter in the UK. We, however, don't have that much of a problem with that here. That's not to say we don't all feel those winter blues here in Portugal. The nights draw in, it's cold and with the current economic climate it can seem to be all doom and gloom.

Product Rescue:

There's nothing like a pampering soak in the bath to ease the strains that winter can bring. Al-

though there are few products that will help relieve stress and tension in your muscles there are many products that can help to relax your body and mind. Dermalogica's 'Stress Relief' gift set contains Stress Relief Treatment Oil and Hydro active mineral salts that will undoubtedly ease stress and tension, plus with the added bonus of a scented candle, it's pure pampering in one package.

Treatment Rescue:

I really don't think there's anything more pampering than a massage, you'll have to search to find anyone that doesn't agree. Although Hot Stone Massage are not quite as effective at relieving muscle tension there's no question that the heat from the stones instantly warms and relaxes mind and body (30 minutes - €27).

Before using any new products or starting a new treatment plan, consult your skin or beauty therapist for personal advice. Prices given are approximations and may differ from salon to salon.

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Be the life of the party



With some serious partying looming it's time to prepare so you're in top top shape for that full-on socialising. We've got a package full of tips and health hints so not only enjoy the fun, but look the business and don't succumb to the health perils of partying.

With the economic crisis, many of us will no doubt be trying to party our sorrows away this Christmas. Yet, while drinking and eating to excess might sound appealing, it won't be long before your body starts to rebel.

Tiredness, weight gain and headaches are just nature's way of telling you to take it easy. But before you get desperate and begin wasting your Christmas present budget on exciting-sounding vitamin injections, read on.

PRE-PARTY PREPARATION

NHS Direct spokesperson Jacqui Jedrzejewski understands the toll of the party season. She suggests making a few adjustments to your routine, to see you through those late nights, and early mornings.

"Eating at regular intervals, not skipping breakfast, and getting enough sleep, are good ways to help you maintain your energy levels," she says. "Choose foods that are digested slowly. Wholegrain rye bread, porridge, pasta, beans, lentils and noodles are good choices and contain slow-release energy which may help prevent you from feeling lethargic during the day."

Jacqui points out that the foods we turn to when we're hungover

or skip meals can often make us feel the worst. "Foods that are high in sugar, such as chocolate, cakes, biscuits, and fizzy drinks, might give your body an instant energy rush when you eat and drink them. But, after the initial rush, your sugar levels will drop. And as they fall, so will your energy levels. As a result, you may find it more difficult to concentrate or you may feel irritable and tired. Likewise, drinking too much caffeine, found in tea, coffee, and cola drinks, can leave you feeling anxious, and restless."

None of which is good news for those planning to hit the office Christmas party with a bang. Jacqui explains that while mince pies might taste nice, they don't contain everything you need to look and feel great.

"There are essential nutrients that your body needs in order to work properly. Fruit and vegetables are rich in vitamins and minerals so you should eat at least five portions a every day. Fats and sugars contain more energy

than any other food group and so should make up the smallest part of your diet. Save them for special occasions. That way you can

from the feel-good factor that you get afterwards. This is due to a release of a chemical called serotonin within your brain. Serotonin

is your body's way of making you feel happier and less stressed."

Once you're in the party mood, don't let all your hard work slide as soon as you hit the pub. Heavy drinking plays havoc with our skin, liver and mental health, explains Jacqui.

"In terms of alcohol, drinking a moderate amount is unlikely to do you any physical or psychological harm," she says. "However, for some people, social drinking can lead to heavier drinking, which can cause serious health problems. If you feel your social life revolves around alcohol or you're unable to stop drinking once you

start, you may have a problem. So don't put your health at serious risk of conditions such as cirrhosis of the liver, high blood pressure and mental health problems."

Department of Health guidelines state that men can drink be-

tween 3-4 units of alcohol per day without serious risk to health, and women 2-3 units. Remember that a unit of alcohol is equal to about half a pint of normal strength lager. And for some people, drinking booze isn't quite enough. So if you are thinking of pepping up your night with drugs, think again.

Callum Jacobs, spokesperson for national drugs information service FRANK, says it's best to always have an 'exit strategy' lined up in your mind, should you be offered something you don't want to take.

"No one wants to feel like a party pooper, but the best way to stand up to persistent persuasion is to keep it simple," he says. "You might want to make a joke out of it or tease friends who try to pressure you. Make sure you know how you're getting home - book a taxi in advance, or arrange for someone who isn't drinking or doing drugs to collect you," he adds.

"Remember to save the all important 'emergency tenner' to pay for a taxi should your lift let you down. Trying to run away from the taxi driver in your party shoes on the icy streets - not a good look. And if you do take drugs, try to make sure you are with friends and tell them exactly what you have taken in case you run into difficulties."

EASE THE POST-PARTY PAIN

Even if you manage to conscientiously supplement your alcoholic drinks with water at the office party, a heavy head is often inevitable. But while water and time can usually alleviate the effects of too much booze, there can be other things to think about.

According to Rebecca Findlay, spokesperson for the Family Planning Association, very few of us expect to have a one night stand. "We don't want people to worry about STIs (Sexually Transmitted Infections) and unplanned pregnancies over Christmas. But if you have sex with a new partner without a condom, it doesn't matter whether you're 30, 40 or 50, you're exposing yourself to infection. And for younger women, the risk of pregnancy."

Rebecca says that over Christmas the FPA helpline goes very quiet. "We then get lots of calls in January, because people have thought about what's happened to them, and started to panic," she says. "But if you're worrying, go to a sexual health professional, get tested and get reassurance. The worst thing is to sit and worry about, and do nothing. On the whole, people don't go out expecting to have unprotected sex. It just happens."

Rebecca has one other top tip for Christmas. "Remember that clinics and doctors surgeries aren't going to be open over Christmas, so make sure your contraceptive prescription is up to date or you've got plenty of condoms. You don't want to run out at the wrong time. Some pharmacies will let you buy emergency contraception over the counter, in case you do miss a pill or anything else goes wrong."

:: For further help or information please call FRANK on 00 44 (0)800776600 or go online to: www.talktofrank.com.

:: Visit www.fpa.org.uk for more information about sexual health.

Sarah O'Meara



enjoy some treats, without the side effects."

Finally, Jacqui suggests that exercise will not only burn off those extra party pounds, but keep you finally festive. "If you exercise regularly, you will benefit



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Christmas shopping or January

London's Royal Lancaster Hotel is a hotel of constant surprises. Overlooking Hyde Park is an obvious advantage, but the views from both bedrooms and public rooms are much better than you would expect.



The outside entrance of the Island Restaurant and Bar

In terms of location, it has a central line station beneath the hotel, and Oxford street is a couple of stops one way, and the new Westfield with over 300 shops and restaurants under one roof is just four stops in the other direction. But perhaps the best surprise is the quality of the accommodation, restaurants, and above all the service. The Royal Lancaster scores top marks on so

many points that it gets our recommendation for readers wanting to take advantage of a great Euro/Pound exchange rate, the new lower VAT, the big discount sales and the low fares being offered especially from Faro during the low season of December and January (except for the holiday period). What better excuse could you need for a weekend's shopping in London?

First impressions count for a lot, and the moment our taxi pulled up at the hotel entrance, the doorman opened the door with a friendly welcome and our bags were whisked away. The Royal Lancaster Hotel is "traditional" in the very best way, and you walk into reception over the thickest pile carpets I can remember, to a discrete reception. It's all wood, comfortable armchairs

and tasteful paintings, and there is no sign of gilt or glitter that so many modern hotels seem to rely on these days. Lighting is at exactly the right level, not too bright, and not too dim and the whole impression is of discreet luxury and good service.

There is a good range of room rates, and all the rooms are light and airy with large windows to enjoy the views, and all are fully equipped with all the facilities you would expect, including large en suite bathrooms with power showers, satellite TV etc. The higher the floor the larger the rooms and of course the room rate rises at the same time, though not unreasonably. You can request a floor level and a park or city view.

Our room was on the 18th floor, and these rooms are large and very comfortable with "picture" windows and some of the best views across London. The bathrooms are marble, and with large basins, and a really large traditional bath that you can stretch right out in. If you prefer a shower, it was good to see that the shower had its own separate heat and water strength controls; it wasn't just an extension off the bath tap. Towels are thick, large and plentiful, from large bath size right down to flannels, and all are monogrammed, a nice touch. Bath robes and slippers are also provided. There was a nice range of toiletries from Gilchrist and

Soames in a small basket by the basin. There was the inevitable hair dryer attached to the bathroom wall, but there was also a separate hair dryer in the room for those who don't like the fixed bathroom variety.

Strangely I couldn't find a shaver socket in the bathroom, but then almost everybody has rechargeable shavers these days.

A really nice and very unusual touch was that by the desk in the bedroom there was a range of sockets to accommodate British 3 pin plugs, continental European plugs, and even 110 volt American plugs. Whatever laptop or other device you have brought with you, like your phone charger, there was no need for a plug converter. The bedroom was large and spacious, with a settee and coffee table, a work desk, and a high quality flat screen TV with over 50 channels, and as far as I could see, in house movies were not charged for. The beds are firm and very comfortable with duvets and extra feather pillows on request.

Storage and hanging space was no problem, in fact it was gener-

ous, and a room safe was provided along with plentiful space to unpack your cases. Everything is very well thought out, spacious and very clean. Room service was impressive, with an evening turn-down service, and the maid never forgot to top up the tea and coffee etc, which is often overlooked until the morning in other establishments. Unfortunately the hotel provides mugs rather than cups and saucers, but that seems to be standard these days, and preferred by many guests.

Breakfast is served on the first floor in a modern dining room with superb views over the park and specifically the fountains at Kensington Gardens and the upper reaches of the Serpentine. We found a few minutes delay waiting to be seated each morning on the Saturday and Sunday, though on Sunday the hotel opened the Thai restaurant for breakfast as well. It wasn't a shortage of tables, simply the wait for seating. A nice touch was a table of coffee and tea and juices for you to drink while you waited to be seated, though there wasn't really time. A good range of cereals, yogurts,



The Nipa Thai Restaurant overlooking the park.

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Island Restaurant Chef
Jean-Claude Vydelingum

cold cuts and other healthier breakfast options were available, or you can order a full English breakfast, eggs Benedict, omelettes or haddock. A very nice touch with the full English breakfast was that the baked beans were served in a separate dish on the plate, which stops them running all over the other ingredients. Service was attentive and helpful, though on Saturday the strain of so many guests did slow things down a bit.

The two main restaurants are the award winning Thai restaurant 'Nipa', one of only 15 Thai restaurants in the UK to have received a 'Thai Select' award from the Thai government. Décor is really authentic, and most of the chefs are ladies, and clearly very skilled in the preparation of authentic Thai dishes. We started

with a rather conservative choice of satay, but it was better than anything previously tried, and the sauces, both the traditional peanuts and a hot and spicy sauce were delightful, but go easy on the whole Chilli's, they are HOT!

For the main course we tried a traditional Thai green curry, probably the best I've ever tasted, and soft shell crabs in a light batter served on a Mango base. They was no way of telling if we were eating the 'soft shells', but they were very tasty, and something to be tried again. There was no room left for a desert! Service, as everywhere else in the hotel, was discreet and attentive, just as it should be.

On the Sunday evening we tried the Island Restaurant, which is full of surprises. As you walk in the modern décor is very impressive, soft lighting, good views out of the massive windows, black tables, beautifully laid (except for the rather doubtful plastic mats). The restaurant is on two levels, many of the tables enjoying views out over the Hyde Park Italian gardens. The cocktails are definitely worth starting your meal with, and we tried three varieties, and enjoyed them all. Our guest was a Sous Chef from a nearby two Michelin Star restaurant, brought along for his professional viewpoint on the food preparation. The first surprise came with the menu, which could best be described as

a 'safe and reliable' choice of dishes for a hotel restaurant rather than more 'exotic' dishes. The main courses on offer included Fish and Chips, a burger and, of course, steaks. However, Chef Jean-Claude Vydelingum had a few surprises up his sleeve. The proud boast on the menu outside the restaurant that said that they only use the finest ingredients available, proved to be no marketing man's exaggeration.

We chose a seafood plate, steamed Cornish mussels and a tiger prawn salad. The starter of Steamed Cornish Mussels was proclaimed to be the best ever tasted, and the delicious steamed coconut broth in which they were served promised to be of good strong Thai origin.

The seafood plate, which comprised of well seasoned salmon tartar, a fresh Oyster flavoured with soy sauce, which gave unexpected Asian twist and a delicately light crab mayonnaise with a warm scallop. The tiger prawn salad came with two pre-shelled prawns, cooked to perfection, on a wild rocket salad with roast red pepper, crostini and garlic mayonnaise. This was the least well presented of the three starters; the others could not be faulted for the way they had been plated.

For our main course we chose Beer battered sustainable Pollock and hand cut chips, grilled calves' liver with bacon and creamed potatoes and a sirloin steak. The



Entrance to the Royal Lancaster Hotel

choice of a sustainable fish as an alternative to overfished cod was encouraging to see. I had never tasted (or even heard of) Pollock, but it was very close to cod. Presentation of the dish was again excellent, and a green pea puree was perhaps a tongue in cheek tribute to mushy peas.

The grilled calves liver was perfectly cooked, pink inside, and the creamed potatoes tasted earthy and buttery, though they might perhaps have been a little smoother. The bacon was just a little overcooked for my taste, but again a very personal matter as many people like their bacon crispy. The steak was beautifully aged and cooked, and the béarnaise sauce had a classic flavour, and was also accompanied by a good mushroom red wine sauce.

By this time only two of us had the space to try the desert menu, a steamed apple and almond pudding, with blueberry ice cream and the other choice was butter milk pancakes. The pancakes were miniature and fluffy, the creamy chocolate mousse and honey comb cream providing balance with moreish quality. Despite the name, the steamed apple and almond pudding was delicate and superbly flavoured, and the ice cream clearly home-made.

What did our professional chef feel? He was impressed by the food and presentation and thought that 'the chef is sitting on even more potential than he has shown as yet. The menu was safe and reliable and won't disappoint'. This is a restaurant you can rely on for high standards and excellent ingredients with a good and affordable wine list. We tried the Chablis Laroche 2006, and the Valpolicella Classico

Bonacosta red, both excellent and very well priced.

The Royal Lancaster is a hotel we would have no hesitation in recommending. It's in the very heart of London shopping, yet peacefully located overlooking Hyde Park. Service is very attentive, yet never overbearing. The hotels rack rate starts at around £160+VAT per double room, per night at the weekend, but check

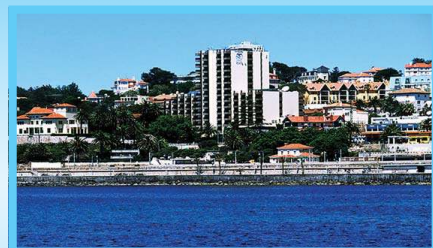
the hotel's website for the latest offers. (We found rates as low as £99+VAT per room if you were booking at the last minute.) Normal weekend rates for a double room started at £149+VAT rising to £229+VAT for an executive, top floor room overlooking Hyde Park. Tel: 0044 20 7262 6737 or go online to: www.royallancaster.com

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Bowls Algarve

One to One Saturday League

Nearly half way in this season and several teams remain in contention for the coveted league title. The morning was cold and damp, but all matches were completed. Table topping ABC Cats went to PDF and were defeated by the Sinners 50-45 and five points to two. A relief for the hard pressed Sinners who recorded their first victory this season. PDF Crusaders were also at home and made it a PDF double with a 64-31 win over the Tavira Titans, again by five points to two. Over at Alvor, the Gladiators clashed with the Harlequins and continued their excellent season with a 60-44 win and another five points to

two points haul. Wanderers had already convincingly beaten the Greens in a match played earlier by 53-41 and seven points to nil, whilst the Tavira Tigers were resting this week.

As a result of these games, Cats lead has been cut to two points. They have 33, the Gladiators are getting closer with 31 and the Wanderers have 30 points. Crusaders improve to 28 whilst Tavira Tigers and Titans both have 25. Harlequins are on 24, Greens on 20 and the Sinners have picked up and closed the gap, now having 12 points. Next week is the final round of games before the Christmas break.

Eurocooling Thursday League

Round five took place at Isla Canela where the ABC Braves took on Tavira, who swept all six points with a 47-30 win. Alvor Aces had another good win, defeating the Seagulls 53-26 and six nil on points. ABC Chieftains also took maximum points, beating the Canela Storks 44-22. PDF Panthers had only one triple against the Alvor Diamonds. The Diamonds won 16-13, however collected a further ten shots and two further points for the unfulfilled game.

The league table has the Chieftains and the Diamonds

out in front, both on 27 points, although Tavira are in hot pursuit on 23. Panthers have 21, including points and shots awarded for a walkover over the Canela Storks who were unable to play on 13th November at ABC. Alvor Aces are on 20 points, beating the ABC Braves have 18 (also includes points and shots for walkover against the Canela Seagulls on 13th November). Seagulls now have two points whilst Storks have the one. The final round of matches before the break is at Alvor next Thursday.

Alan Clarke, League Director

Muddy Cogs Bike Ride

Every Saturday at 12.45pm at Bikeland on the 125 (1km west of Quatro Estradas roundabout, west of Almancil). Depart at 1pm prompt.

Weekly tours vary from 10km to 25km.

€5 per person/week (pay as you go, no joining fee).

Bike hire available.

Contact Paul Beesley to book and additional info including rules on 913 226 954 or paul.beesley@sapo.pt

Open morning for lapsed horse riders

Did you used to enjoy horse riding but, for one reason or another, have not been back in the saddle for some time? Perhaps now you have more time and would welcome the opportunity of taking up the reins again and developing your riding skills further.

Pinetrees Riding Centre, Almancil (on the road between Quinta do Lago and Vale do Lobo) is holding a coffee morning for just such lapsed riders Tuesday 9 December at 10.30. Why not come along and meet our horses and our team. Learn a

little about what we have to offer and even do a little riding, both in the arena and in the woods, to see if, indeed, you would like to ride again more regularly.

Pinetrees has a variety of interesting horses to suit all levels of riders, including two pure



bred Lusitano stallions. Our friendly, dedicated team of staff look after you and help you enjoy your riding to the full. This centre is probably one of the few in the Algarve to supply all riding equipment so that

you can be safer and more comfortable.

The cost will be €25 – including half an hour ride and all equipment. Anyone interested should contact Bev Gibbons on 289 394 369.

WRVS - Social Tea

The next WRVS Social Tea will be on Tuesday 16th December at 3pm at Quinta da Fonte (British Retirement Home) in São Pedro do Estoril.

We appreciate your punctuality.

In this Festive month we will celebrate our amazing memories by holding a light-hearted, general knowledge, Team QUIZ. Tea, sandwiches and cakes will be served.

Everyone is most welcome.

Entrance: €1

Please phone 214 688 694 for more information.

East Algarve Walks

Every Tuesday and Friday mornings.

For more information. Call 913 595 868 .
brian@moonlightservices.eu • www.moonlightservices.eu

Lets Walk from Bensafirim

Wednesday December 10

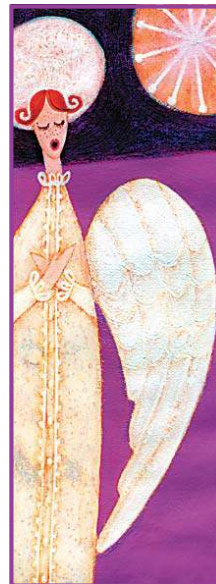
An fairly easy 2.5 hour walk through unspoilt valleys - we have to ford the river twice so be prepared if there has been recent rain!

10.30 start - meet at the cafe by the mercado in Bensafirim. Drive west to the end of the A22 and take the first exit, at the lights in the centre of Bensafirim turn left - this is the market with (mid way between Silves and Algoz)



There is no need to book, all walks are €5 which includes a donation to charity.

Walk organiser and leader: Julie Statham 965 753 033



Riverside Church Porto

Start the Christmas early and come and join Riverside Church Porto on Sunday 14th December for an **Evening Christmas Carol Service** starting at 6.30pm. Come and join us with a mixture of traditional and modern songs, readings along with everything that reminds you of Christmas, followed by a meal that everyone is invited to. As well as this we would like to make sure the children are not left out so from 4:00-5:00 we are holding a **Christmas party for the children**, so come bring your children and then stay on for the **Christmas Service**. Meeting at Avenida Sacadura Cabral 1642. Aguda you can find us easily by looking on the web site www.riversideporto.com or by email contact@riversideporto.com or simply by phoning on 914949611. If you are planning to bring children to the party please let us know in advance so they don't miss out on anything.

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April to September - after 4:30pm
October - after 4pm

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EXHIBITIONS



Painting by Maureen Anderson

CHANGING THE SCENE AT THE MUSEUM GALLERY

AMIGOS DO MUSEU DO TRAJO, S.BRÁS DE ALPORTEL. **December 13** - 18h30 a new Art Exhibition will open, entitled, 'UNEXPECTED REALITY' - Four artists will be exhibiting their work for the first time at the museum in this cosy, characteristic gallery.

Annie Daenens, a Belgian artist will show her latest series of emotional, free-flowing equine portraits in oils as well as drawings.

Maureen Anderson, from Scotland, will demonstrate her love for fine detail and flexibility in her land/seascapes, oils on canvas.

Jerry Stivers and **Gordon Railton**, both long-time experienced photographers, will be showing a cross section of their work.

The opening will be accompanied by music performed by Annie's husband, Bert de Coninck and friends.

Meet the artists and admire the work on show together with a good glass of wine and canapés.

Until December 31 - Exhibition on the life and work of Fernando Pessoa 'Os Caminhos de Pessoa' - Convento Espírito Santo Art Gallery in Loulé - T. 289 400 600

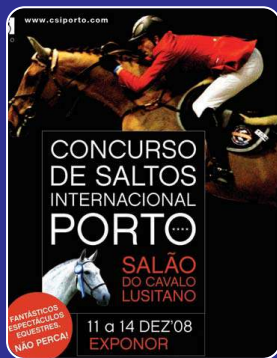
Until December 11 - Exhibition 'Inward' by Cristina Ataíde - An artist who is intimately concerned with the natural surroundings. She is a restless and attentive observer, and takes note of its fragility and destruction - The exhibition consists of vigorous charcoal and water colours on paper and sculptures in different materials - Centro Cultural São Lourenço in Almancil - Open daily from 10h00 to 19h00 - T. 289 395 475 - www.centroculturalsaolourenco.com

Until December 12 - Painting Exhibition 'As Líricas' by Pé-Leve at Galeria Brilho & Centelha - Rua Costa Pinto in Paço de Arcos (near Lisbon).

December 13 to February 19 - Collective Exhibition at Centro Cultural São Lourenço in Almancil Works by artists like David de Almeida, José Alves, Manuel Baptista, Carlos Barão, Jean-Marie Pomputte, Saskia Bremer, Teresa Calem, Rafael Canales, Philippe Claisse, João Cutileiro, Karsten Fuge, Gervásio, José de Guimarães, Helge Leiberg, Juan Martinez, Shintaro Nakaoka,

December 11 to 14

5ª Edição do Concurso de Saltos Internacional do Porto (5th International Show Jumping Event in Oporto) - The biggest equestrian indoor show in Portugal - Exponor, Matosinhos - There will be a restaurant area with regional produce, a shopping area with equestrian and regional products, stands from some of the sponsors of this event and lots of entertainment, such as dance and fado shows - Info: T. 213 553 039 - dvelez@grupogci.net



December 20 - The Companhia de Dança do Algarve presents the Show 'ESTRANHA FORMA DE VIDA' (Strange way of life) - 21h30 at Teatro das Figuras in Faro - Interpretation: Companhia de Dança do Algarve - Choreography: E. Beliaev, C. Cantinho, S. Castro, G. Ferreira

Susan Norrie, Igor Oleinikov, A.R. Penck, Alfredo Garcia Revuelta, Nuno Santiago, Georg Scheele, Soren, Antoni Tàpies and Glyn Uzzell.

Until December 17 - Painting Exhibition by Nuno Santiago - Vale do Lobo Art Gallery at Vale do Lobo Shopping - 289 353 327 - Painting shown right is Acrylic on Chinese paper on canvas 134 x 130 - 2008.

Until December 30 - Painting Exhibition 'Celebrating the World' by Brigitte Von Humboldt - Centro Cultural de Lagos - Lagos Cultural Centre - T. 282 770 450 - centrocultural@cm-lagos.pt

Until December 30 - Painting Exhibition by António DaCosta (1914-1990) Works from Manuel de Brito collection - TREM Galeria Municipal de Arte - Rua do Trem in Faro - T. 289 804 197

Until January 5 - Exhibition 'Islamic Art' - Casa da Cultura Islâmica e Mediterrânica de Silves - www.cm-silves.pt

Until January 8 - XXII Salão de Outono do Estoril - 22nd Estoril Autumn Salon - Paintings and sculptures by renowned 40 artists - Art Gallery of Casino Estoril on Praça José Teodoro dos Santos - Open daily from 10h00 to 24h00 - T. 214 667 700

FAIRS

December 6 & 7 - FERRAGUDO CHRISTMAS FAIR in Ferragudo from 10h to 19h - Arts & Crafts and Bagaço (firewater)

December 8 - Christmas Mini Bazaar at PlayOasis from 10h00 to 12h30 - Clothes, Toys, Clothes, Jo's Wine & Tangerines, Wendy's Cheeses (stilton), Jams, Chutneys, Christmas puddings, Mulled wine and much more - Also face painting with Mandy! - Stall holders set up 9.00 (bookings only - Teresa on 282 461122 or 91 5044054)

WINE AND ART

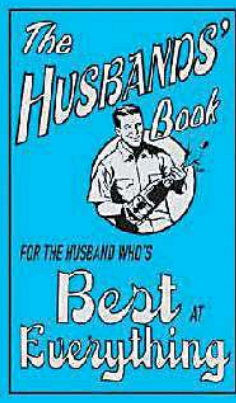
Quinta dos Vales - Sculpture Garden and a lot more where you find quality of wine and art - Open for visitors and art - Art sales on Monday, Wednesdays and Saturdays from 14h00 to 18h00 or by appointment - All information on www.quintadosvales.eu

BOOK REVIEW

Husbands Book: For The Husband Who's Best At Everything by Jim Maloney

Marriage is one of the oldest and most respected of all our traditions. "The Husbands' Book" is a light-hearted celebration of the role of beloved husbands. From their penchant for DIY - however ill-advised - and knowledge of all things to do with cars and sport, to their mysterious inability to work washing machines and ironing boards, husbands are indispensable to the household. "The Husbands' Book" promises to give them even more reason to wear their wedding ring with pride, including: imaginative ideas for celebrating wedding anniversaries - and how to avert disaster if you forget; tips and tales for every stage of husbandhood - from nervous bridegroom to senior spouse; practical advice on keeping your household running smoothly - basic DIY and beyond; top-ten tips for keeping in your wife's good books; and, heart-warming and amusing stories from real-life husbands. A wonderful gift for all married men, "The Husbands' Book" is a delightfully informative and entertaining addition to any household.

Available from Magna Carta Bookshop. Also available **Wives Book: For The Wife Who's Best At Everything** Price: 14€ (10% off if you quote The Portugal News)



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NATIVITY SCENES EXHIBITION

Until Janeiro 6

Sculptor Exhibition 'Presépios - Uma abordagem lusófona...' (Nativity Scenes - A Lusophone approach) - Portuguese sculptors joined together with artists from Portuguese speaking countries in a collective exhibition at 'A Arte da Terra', in Lisbon, on Rua Augusto Rosa, nº 40 (next to the Church), From Tue to Sun, from 11h to 20h - T. 212 745 975 - e-mail: arte@net.sapo.pt - www.aartedaterra.pt



CONCERTS, BALLET CLASSIC & CONTEMPORARY, SHOWS, FESTIVALS, THEATRE, PARTIES

December 6 & 7 - Play 'Save the Dormouse! Salva o arganzal!' by Aperitivo Performance Group presented in simultaneous Portuguese, English, German and Dutch - 8h & 4h - Museum São Brás - Tickets: €7; €5 for members (free for children) - If you would like to reserve a table in the theatre and the Mad Hatter's Dish of the Day, call 966 329 073

December 6, 12 & 13 - 'Festival One Man Band' by the legendary Tiger Man, Becky Lee, Bob Log III, Son of Dave, Slimmy and DJ Ride in concert at 23h00 at Centro Cultural Vila Flor - 21h00 - Tickets: €5/concert - Av. D. Afonso Henriques, 701 - T. 253 424 700 - www.ccvf.pt

December 7 - Christmas Festivities for all ages org. by Clubes Rotários do Algarve - Portimão Museum starting time: 11h (13h lunch at Monte das Alagoas Restaurant, between Portimão & Alvor) - Reservations & info: Bernd Schluender on 966 584 328.

December 7 - Concert by Orquestra do Algarve conducted by Cesário Costa - Matrix Church - Vila do Bispo - 21h30 - www.orquestradoalgarve.com

December 8 - Concert by Orquestra do Algarve conducted by Cesário Costa dedicated to 'Imaculada Conceição' - Albufeira Matrix Church - 21h30

December 8 - Concert by **Coilgação** - Arena Lounge of Casino Lisboa at the Park of Nations - 22h30 - For tickets see information below.

December 10 - Concert Gogol Bordello - Campo Pequeno Bullfight Ring - Lisbon - 217 820 575.

Until December 13 - Ballet choreographed by Armando Jorge according to Petipa / Ivanov, music from Tchaikovsky - The **Nutcracker Ballet** is based on the story 'The Nutcracker and the King of Mice' written by E.T.A. Hoffman - Teatro Nacional de S. Carlos in Lisbon - 22h00 - Tickets: €10 to €45 - For tickets see information below.

December 7 - JJJohns Country & Western Dinner-Dance at the restaurant Ponte Romana in Silves from 14h00 to 18h00 - Including 3 course meal plus wine and coffee €14.5 all-in - On stage Country singer JJJohns - Special guest Suzanna Wilson - Reservations 282 442 621 / 914 900 031 - jjjohns@netvisao.pt



Jazz Com Todos - Associação Músicas No Sul / Orquestra de Jazz de Lagos / Actus - Info: jazzcomtodos@gmail.com T. 913469025 Fax. 309919022

Programme: ****December 9** - 21h30, Biblioteca Municipal de Lagos, **Hugo Alves Sons e Palavras** ****December 20** - Centro Cultural de Lagos, **Orquestra de Jazz de Lagos, dir. Hugo Alves** ****December 26** - Vale do Lobo, Hotel Dona Filipa, **Hugo Alves 4tet**



December 15 to 21 - The 'I Semana Gastronómica dos Comeres de Azeite' (1st Gastronomic Olive Oil Week) will take place on 13 restaurants in Ferreira do Alentejo - Visitors will receive cheese, wine and other appetising 'entertainment', and hot dishes, tastes from the 'quinta' and of course, a lot of olive oil - There is a promise in the air that your love for good food will be worth the trip!



December 11 to 14 - Disney Live! presents 'The Magic of Mickey' for the 1st time on stage by the producers of Disney on Ice - Rosa Mota Pavilion in Oporto - Tickets: €20, €24, €28 - Times: 11h at 19h; 12h at 18h & 21h; 13h & 14h at 11h, 15h and 18h - To buy tickets, please see information below.



December 6 & 7 - Concert by Mo'Jazz trio with João Galante (piano) David Gaudens (contrabass) and Zé Soares (drums) - 22h00 - Price: €3 - Casa da Juventude de Olhão (Youth House in Olhão) - www.olhao.web.pt



December 20 - The Távira Fund Raisers last event for 2008 will be a dinner dance at the restaurant at Pedras del Rei, Santa Luzia, Távira, 7 for 7,30pm. Tickets cost 25 euros and can be booked by ringing Pat on 281 323 493. All proceeds will go to the canil Sao Francisco at Loulé to help support the abandoned and neglected animals that are cared for there.



ALGARVE

SBC
FORUM ALGARVE
TEL: 289 887 212
4 DEC-10 DEC



1 Four Christmases
Reese Witherspoon, Vince Vaughn
13.10-15.10-17.20-19.30 (00.05 Fri & Sat)

2 007: Quantum of Solace
Daniel Craig, Olga Kurylenko
14.15-17.10-19.35-22.00 (00.05 Fri & Sat)

3 Body of Lies
Leonardo DiCaprio, Russell Crowe
13.05-15.50-18.40-21.30 (00.05 Fri & Sat)

4 Gomorra
Toni Servillo, Gianfelice Imparato
21.00 (00.00 Fri & Sat)

5 Blindness
Julianne Moore, Mark Ruffalo
18.20 (00.00 Fri & Sat)

6 Madagascar: Escape 2 Africa
Animation PV: 13.10 OV: 15.20

7 Amália, o Filme
Sandra Barata Belo, Carla Chambel
21.40-15.30-18.20-21.10 (00.00 Fri & Sat)

8 Madagascar: Escape 2 Africa
Animation PV: 15.20-19.40
OV: 13.10-17.30-21.50

9 Twilight
Kristen Stewart, Robert Pattinson
14.00-16.40-19.20-22.10 (00.00 Fri & Sat)

10 Bangkok Dangerous
Nicolas Cage, James With
15.15-20.00-22.20 (00.00 Fri & Sat)

11 High School Musical 3
Zac Efron, Vanessa Hudgens
12.45

12 Nights in Rodanthe
Richard Gere, Diane Lane
12.00-14.20-16.40-19.00-21.20

LUSOMUNDO

VILAMOURA
TEL: 289 302 277
4 DEC-10 DEC

Madagascar: Escape 2 Africa
Animation PV
15.30-18.30-21.30

CASTELLO LOPES CINEMAS
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4 DEC-10 DEC



1 Madagascar: Escape 2 Africa
Animation PV
13.05-15.15-17.25-19.35-21.45 (23.55 Fri & Sat)

2 Madagascar: Escape 2 Africa
Animation PV
13.05-15.15-17.25-19.35-21.45 (23.55 Fri & Sat)

3 Bangkok Dangerous
Nicolas Cage, James With
13.40-16.30-19.00-21.20 (23.50 Fri & Sat)

4 007: Quantum of Solace
Daniel Craig, Olga Kurylenko
13.30-16.10-18.50-21.15 (23.45 Fri & Sat)

5 Body of Lies
Leonardo DiCaprio, Russell Crowe
13.00-15.40-18.20-21.00 (23.40 Fri & Sat)

6 Four Christmases
Reese Witherspoon, Vince Vaughn
13.15-15.10-17.15-19.20-21.50 (00.20 Fri & Sat)

7 Amália, o Filme
Sandra Barata Belo, Carla Chambel
13.10-15.50-18.30-21.25 (00.05 Fri & Sat)

8 Twilight
Kristen Stewart, Robert Pattinson
13.20-16.00-18.40-21.30 (00.10 Fri & Sat)

9 Nights in Rodanthe
Richard Gere, Diane Lane
13.25-16.20-18.45-21.10 (23.30 Fri & Sat)

CASTELLO LOPES CINEMAS
PORTIMÃO
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4 DEC-10 DEC



1 Madagascar: Escape 2 Africa
Animation PV
13.40-15.40-17.45-19.50-21.50 (23.50 Fri to Sun & Wed)

2 Madagascar: Escape 2 Africa
Animation PV
13.40-15.40-17.45-19.50
007: Quantum of Solace
Daniel Craig, Olga Kurylenko
22.00 (00.00 Fri to Sun & Wed)

3 Righteous Kill
Robert DeNiro, Al Pacino
13.50-16.20-19.00-21.20 (00.20 Fri to Sun & Wed)

4 Body of Lies
Leonardo DiCaprio, Russell Crowe
13.30-16.00-18.40-21.10 (23.50 Fri to Sun & Wed)

5 Amália, o Filme
Sandra Barata Belo, Carla Chambel
13.30-16.05-18.50-21.40 (00.15 Fri to Sun & Wed)

6 Twilight
Kristen Stewart, Robert Pattinson
13.40-16.10-18.55-21.30 (00.05 Fri to Sun & Wed)

CENTRE

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4 DEC-10 DEC

Madagascar: Escape 2 Africa
Animation PV
Amália, o Filme
Sandra Barata Belo, Carla Chambel

LUSOMUNDO

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4 DEC-10 DEC

Amália, o Filme
Sandra Barata Belo, Carla Chambel
Twilight
Kristen Stewart, Robert Pattinson

Madagascar: Escape 2 Africa
Animation PV & OV
007: Quantum of Solace
Daniel Craig, Olga Kurylenko

Bangkok Dangerous
Nicolas Cage, James With
Blindness
Julianne Moore, Mark Ruffalo

High School Musical 3
Zac Efron, Vanessa Hudgens
Saw V
Tobin Bell, Costas Mandylor

Four Christmases
Reese Witherspoon, Vince Vaughn
Entre les Murs
François Bégaudeau

Righteous Kill
Robert DeNiro, Al Pacino

Body of Lies

Leonardo DiCaprio, Russell Crowe
Mamma Mia!
Meryl Streep, Colin Firth
Nights in Rodanthe
Richard Gere, Diane Lane

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4 DEC-10 DEC

Madagascar: Escape 2 Africa
Animation PV
Bangkok Dangerous
Nicolas Cage, James With

Nights in Rodanthe
Richard Gere, Diane Lane
Body of Lies
Leonardo DiCaprio, Russell Crowe

007: Quantum of Solace
Daniel Craig, Olga Kurylenko
Blindness
Julianne Moore, Mark Ruffalo

Taken
Liam Neeson, Maggie Grace
Saw V
Tobin Bell, Costas Mandylor

Amália, o Filme
Sandra Barata Belo, Carla Chambel
Four Christmases
Reese Witherspoon, Vince Vaughn

Twilight
Kristen Stewart, Robert Pattinson
Mama's Boy
Jon Heder, Diane Keaton

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4 DEC-10 DEC

Madagascar: Escape 2 Africa
Animation PV
Amália, o Filme
Sandra Barata Belo, Carla Chambel

Twilight
Kristen Stewart, Robert Pattinson
Body of Lies
Leonardo DiCaprio, Russell Crowe

007: Quantum of Solace
Daniel Craig, Olga Kurylenko
Blindness
Julianne Moore, Mark Ruffalo

Entre les Murs
François Bégaudeau

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Madagascar: Escape 2 Africa
Animation PV
Nights in Rodanthe
Richard Gere, Diane Lane

Amália, o Filme
Sandra Barata Belo, Carla Chambel
Twilight
Kristen Stewart, Robert Pattinson

Blindness
Julianne Moore, Mark Ruffalo
Body of Lies
Leonardo DiCaprio, Russell Crowe

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Nights in Rodanthe
Richard Gere, Diane Lane
Bangkok Dangerous
Nicolas Cage, James With

Madagascar: Escape 2 Africa
Animation PV & OV
Righteous Kill
Robert DeNiro, Al Pacino

Twilight
Kristen Stewart, Robert Pattinson
Amália, o Filme
Sandra Barata Belo, Carla Chambel

007: Quantum of Solace
Daniel Craig, Olga Kurylenko
Four Christmases
Reese Witherspoon, Vince Vaughn

Body of Lies
Leonardo DiCaprio, Russell Crowe

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Madagascar: Escape 2 Africa
Animation PV
Mamma Mia!
Meryl Streep, Colin Firth

Amália, o Filme
Sandra Barata Belo, Carla Chambel
High School Musical 3
Zac Efron, Vanessa Hudgens

007: Quantum of Solace
Daniel Craig, Olga Kurylenko

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4 DEC-10 DEC



Mamma Mia!
Meryl Streep, Colin Firth
Burn After Reading
George Clooney, Brad Pitt

Entre les Murs
François Bégaudeau
Righteous Kill
Robert DeNiro, Al Pacino

High School Musical 3
Zac Efron, Vanessa Hudgens
007: Quantum of Solace
Daniel Craig, Olga Kurylenko

Body of Lies
Leonardo DiCaprio, Russell Crowe
007: Quantum of Solace
Daniel Craig, Olga Kurylenko

Nights in Rodanthe
Richard Gere, Diane Lane
Brideshead Revisited
Emma Thompson, Michael Gambon

Bangkok Dangerous
Nicolas Cage, James With
Madagascar: Escape 2 Africa
Animation PV & OV

Gomorra
Toni Servillo, Gianfelice Imparato
Four Christmases
Reese Witherspoon, Vince Vaughn

Amália, o Filme
Sandra Barata Belo, Carla Chambel
Twilight
Kristen Stewart, Robert Pattinson

Blindness
Julianne Moore, Mark Ruffalo

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4 DEC-10 DEC

Twilight
Kristen Stewart, Robert Pattinson
Madagascar: Escape 2 Africa
Animation PV

Nights in Rodanthe
Richard Gere, Diane Lane
Amália, o Filme
Sandra Barata Belo, Carla Chambel

007: Quantum of Solace
Daniel Craig, Olga Kurylenko
Body of Lies
Leonardo DiCaprio, Russell Crowe

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Madagascar: Escape 2 Africa
Animation PV
Twilight
Kristen Stewart, Robert Pattinson

Nights in Rodanthe
Richard Gere, Diane Lane
Body of Lies
Leonardo DiCaprio, Russell Crowe

Amália, o Filme
Sandra Barata Belo, Carla Chambel
High School Musical 3
Zac Efron, Vanessa Hudgens

Saw V
Tobin Bell, Costas Mandylor
007: Quantum of Solace
Daniel Craig, Olga Kurylenko

Arte de Roubar
Enrique Arce, Ivo Canelas

Blindness

Julianne Moore, Mark Ruffalo
Eagle Eye
Shia LaBeouf, Michelle Monaghan
Death Race
Jason Statham, Tyrese Gibson
Mamma Mia!
Meryl Streep, Colin Firth

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Madagascar: Escape 2 Africa
Animation PV
Bangkok Dangerous
Nicolas Cage, James With

Twilight
Kristen Stewart, Robert Pattinson
Amália, o Filme
Sandra Barata Belo, Carla Chambel

Mamma Mia!
Meryl Streep, Colin Firth
Righteous Kill
Robert DeNiro, Al Pacino

High School Musical 3
Zac Efron, Vanessa Hudgens
007: Quantum of Solace
Daniel Craig, Olga Kurylenko

Body of Lies
Leonardo DiCaprio, Russell Crowe

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007: Quantum of Solace
Daniel Craig, Olga Kurylenko
Madagascar: Escape 2 Africa
Animation PV & OV

Body of Lies
Leonardo DiCaprio, Russell Crowe
Twilight
Kristen Stewart, Robert Pattinson

Nights in Rodanthe
Richard Gere, Diane Lane
Amália, o Filme
Sandra Barata Belo, Carla Chambel

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Madagascar: Escape 2 Africa
Animation PV
007: Quantum of Solace
Daniel Craig, Olga Kurylenko

Amália, o Filme
Sandra Barata Belo, Carla Chambel
High School Musical 3
Zac Efron, Vanessa Hudgens

Taken
Liam Neeson, Maggie Grace
Twilight
Kristen Stewart, Robert Pattinson

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Amália, o Filme
Sandra Barata Belo, Carla Chambel
Madagascar: Escape 2 Africa
Animation PV

Body of Lies
Leonardo DiCaprio, Russell Crowe
Blindness
Julianne Moore, Mark Ruffalo

Twilight
Kristen Stewart, Robert Pattinson
Nights in Rodanthe
Richard Gere, Diane Lane

OV = Original Version

PV = Portuguese Version

MASON

PHIL

2008

2008

2008



Twilight is a romantic-fantasy film directed by Catherine Hardwicke and based on the novel of the same name by Stephenie Meyer. The film stars Kristen Stewart as a teenage girl who falls in love with a vampire, played by Robert Pattinson.

Seventeen-year-old Isabella "Bella" Swan has always been a little bit different, never caring about fitting in with the trendy

girls at her Phoenix high school. When her mother re-marries and sends Bella to live with her father in the rainy little town of Forks, Washington, she doesn't expect much of anything to change. Then she meets the mysterious and dazzlingly beautiful Edward Cullen, a boy unlike any she's ever met. Edward is a vampire, but he doesn't have fangs and his family is unique in that they choose not to drink human blood. Intelligent and witty, Edward sees straight into Bella's soul. Although Edward discourages the romance at first, they soon fall deeply in love, and are swept up in a passionate, thrilling and unorthodox romance. To Edward, Bella is what

he has waited 90 years for - a soul mate. But the closer they get, the more Edward must struggle to resist the primal pull of her scent, which could send him into an uncontrollable frenzy. When the arrival of three nomadic vampires, James, Laurent, and Victoria, puts Bella's life in danger, Edward and his family, Alice, Carlisle, Esme, Jasper, Emmett and Rosalie, put their lives at stake to save her.



Casting

Kristen Stewart was on the set of *Adventureland* when Hardwicke visited her for an informal screen test which "captivated" the director. Hardwicke did not initially choose Robert Pattinson for the role of Edward Cullen, but after an audition at her home with Stewart, Hardwicke chose him. Pattinson was unfamiliar with the novel series prior to his screen test, but read the books later on. Meyer allowed him to view a manuscript of the unfinished *Midnight Sun*, which chronicles the events in *Twilight* from Edward's point of view. Fan reaction to Pattinson's casting as Edward was initially negative; Rachelle Lefèvre remarked that "[e]very woman had their own Edward [that] they had to let go of before they could open up to [him], which they did." Meyer was "excited" and "ecstatic" in response to the casting of the two main characters.

Cast

The Cullens and the Swans

- **Kristen Stewart** as **Bella Swan**, a seventeen-year-old girl who moves to the small town of Forks, Washington, from Phoenix, Arizona, about halfway through her junior year of high school.
- **Robert Pattinson** as **Edward Cullen**, a 108-year-old vampire who appears to be seventeen. He is Bella's love interest and has the ability to read minds (except Bella's), along with superhuman speed and strength.
- **Peter Facinelli** as **Carlisle Cullen**, a compassionate "300-plus year [old]" vampire who looks to be in his mid-20s. He serves as the town's physician and is the father figure of the Cullen family.
- **Elizabeth Reaser** as **Esme Cullen**, Carlisle's vampire wife and a mother figure to the Cullen family.
- **Ashley Greene** as **Alice Cullen**, a vampire who can see the future based on decisions that people make.
- **Jackson Rathbone** as **Jasper Hale**, a member of the Cullen family who can manipulate emotions. He has the most difficulty maintaining the Cullens' lifestyle of not feeding on humans.
- **Nikki Reed** as **Rosalie Hale**, a member of the Cullen family who is described as the most beautiful person in the world.
- **Kellan Lutz** as **Emmett Cullen**, the strongest vampire of the family.
- **Billy Burke** as **Charlie Swan**, Bella's father and Chief of Police in Forks.



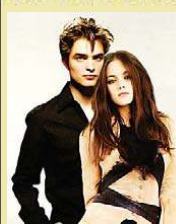
Nomadic Vampires

- **Cam Gigandet** as **James**, the leader of a group of nomadic vampires who intends to kill Bella.
- **Rachelle Lefèvre** as **Victoria**, James' mate who assists him in finding Bella.
- **Edi Gathegi** as **Laurent**, the most civilized member of James' coven.

When they told me Rob was probably the one, I looked him up and thought, "Yeah, he can do a version of vampire thing going on." And then, when I was on set and I got to watch him go from being Rob to shifting into being Edward, and he actually looked like the Edward in my head, it was a really bizarre experience. [...] He really had it nailed.
-- Twilight author
Stephenie Meyer



CELEB NEWS



Movie vampire Robert Pattinson gave former supermodel Tyra Banks a bit of a bite when he appeared on her U.S. talk show. The star was promoting his new film *Twilight* on the show, when Banks bared her neck and asked the British hunk to bite her. Stunned Pattinson asked, "Are you absolutely sure about this?" before

nibbling the host. Pulling away, the red-faced actor said, "I've left a mark," but Banks was far from bothered, boasting, "I got a hickey (lovebite) from Rob... That felt good". (****) *Twilight* actress Kristen Stewart has unearthed the secret of co-star Robert Pattinson's overwhelming popularity with female fans - he's a "tortured artist". Stewart stars alongside the British hunk in the eagerly anticipated vampire film, in which she plays a normal high school student who falls for the sinister ways of Pattinson's blood-thirsty character Edward. The 22-year-old Brit has been the target of *Twilight* fans adoration - causing chaotic scenes at the film's world premiere in Los Angeles and signings in California. And Stewart is adamant the reason Hollywood's newest heartthrob sets hearts fluttering is because he looks as if he is constantly agonizing over deep thoughts. She says, "Oh, he's like a little tortured artist. He's British. He's tall. He always looks like he's thinking about something. And he's quite witty. So he's pretty sexy". (****) British heartthrob Robert Pattinson is planning to return to London as soon as the *Twilight* promotion circuit is over - so he can "hide" from his crazed fans. The 22-year-old actor has become a huge hit with female film fans since taking on the role of handsome vampire Edward Cullen in the movie adaptation of the cult book series. And Pattinson admits he has been overwhelmed by fans' reaction to him - because he doesn't understand his new pin-up status. In an interview with U.S. chat show host Ellen DeGeneres, he explains, "People like screaming at me. Actually, they like screaming at me in relationships as well. No one wants to commit". And the Brit hunk is ready to take time out of from his crazy new Hollywood existence by escaping back to his normal life in England. He tells *Usweekly.com*, "I think I'll go back to London for a bit, and hide out". And the star tells U.S. TV's *The Today Show* how his hordes of fans have actually made his job as an actor easier - because he doesn't have to impress them with his acting ability. He says, "It's just amusing now. People just project their idea of the character onto me, and assume I'm the same, when I'm just really not. It makes my life very easy". (****) British heartthrob Robert Pattinson has been named the hottest male movie vampire of all time, trumping big screen bloodsuckers Brad Pitt, Antonio Banderas and Tom Cruise. The 22-year-old star set teenage girls' hearts a flutter in the newly-released adaptation of hit novel *Twilight*. And Pattinson was already movie fans' favourite vampire - before he even sunk his teeth in a victim on the big screen. He has topped a *MovieFone* poll to find the best batty biter. From *Dusk Till Dawn* star Salma Hayek topped the female poll, ahead of Kate Beckinsale, who slipped on fangs for the *Underworld* movies. The top 10s are as follows: **Male Vampires: 1.** Robert Pattinson - *Twilight* **2.** Brad Pitt - Interview with the Vampire **3.** Cam Gigandet - *Twilight* **4.** Antonio Banderas - Interview with the Vampire **5.** Stuart Townsend - *Queen of the Damned* **6.** Jason Patric - *Lost Boys* **7.** Gerard Butler - *Dracula* 2000 **8.** Tom Cruise - Interview with the Vampire **9.** Dominic Purcell - *Town Creek* **10.** Kiefer Sutherland - *The Lost Boys* **Female vampires: 1.** Salma Hayek - *From Dusk Till Dawn* **2.** Kate Beckinsale - *Underworld* **3.** Angie Everhart - *Bordello of Blood* **4.** Aaliyah - *Queen of the Damned* **5.** Monica Bellucci - *Bram Stoker's Dracula* **6.** Nikki Reed - *Twilight* **7.** Olga Kurylenko - "Quartier de la Madeleine" in Paris, *I Love You* **8.** Sharon Tate - *The Fearless Vampire Killers* **9.** Kristanna Loken - *Bloodrayne* **10.** Traci Lords - *Blade*. (****) British movie hunk Rob Pattinson has topped a new list of breakout stars, beating out competition from comic Russell Brand and Disney darling Demi Lovato. The *Twilight* star has landed atop the annual *Entertainment Weekly* 100 Breakout Stars of 2008 list. Also making the new list: Estelle, American Idol winner David Cook and Angel, the four-year-old dog star of Beverly Hills Chihuahua. (****)



NORTH

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Madagascar:
Escape 2 Africa
Animation PV & OV
Nights in Rodanthe
Richard Gere, Diane Lane
Bangkok Dangerous
Nicolas Cage, James With
Mamma Mia!
Meryl Streep, Colin Firth
Saw V
Tobin Bell, Costas Mandylor
Mama's Boy
Jon Heder, Diane Keaton
Brideshead Revisited
Emma Thompson, Michael Gambon
Taken
Liam Neeson, Maggie Grace
007: Quantum of Solace
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Four Christmases
Reese Witherspoon, Vince Vaughn
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Righteous Kill
Robert DeNiro, Al Pacino
Amália, o Filme
Sandra Barata Belo, Carla Chambel
Entre les Murs
François Bégaudeau
High School Musical 3
Zac Efron, Vanessa Hudgens
The Wackness
Josh Peck, Ben Kingsley
Burn After Reading
George Clooney, Brad Pitt
Twilight
Kristen Stewart, Robert Pattinson

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Four Christmases
Reese Witherspoon, Vince Vaughn
Burn After Reading
George Clooney, Brad Pitt
High School Musical 3
Zac Efron, Vanessa Hudgens
Blindness
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Righteous Kill
Robert DeNiro, Al Pacino
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Sandra Barata Belo, Carla Chambel
Body of Lies
Leonardo DiCaprio, Russell Crowe
Entre les Murs
François Bégaudeau
Burn After Reading
George Clooney, Brad Pitt
Mamma Mia!
Meryl Streep, Colin Firth
007: Quantum of Solace
Daniel Craig, Olga Kurylenko
Nights in Rodanthe
Richard Gere, Diane Lane
Blindness
Julianne Moore, Mark Ruffalo

LUSOMUNDO
FORUM COIMBRA
TEL: 707 246362
4 DEC-10 DEC

Bangkok Dangerous
Nicolas Cage, James With
Madagascar: Escape 2 Africa
Animation PV
007: Quantum of Solace
Daniel Craig, Olga Kurylenko
Amália, o Filme
Sandra Barata Belo, Carla Chambel
Twilight
Kristen Stewart, Robert Pattinson

LUSOMUNDO
FOZPLAZA
TEL: 707 246362
4 DEC-10 DEC

Mama's Boy
Jon Heder, Diane Keaton
Amália, o Filme
Sandra Barata Belo, Carla Chambel
007: Quantum of Solace
Daniel Craig, Olga Kurylenko
Madagascar: Escape 2 Africa
Animation PV
Bangkok Dangerous
Nicolas Cage, James With

LUSOMUNDO
FERRARA PLAZA
TEL: 707 246362
4 DEC-10 DEC

Righteous Kill
Robert DeNiro, Al Pacino
007: Quantum of Solace
Daniel Craig, Olga Kurylenko
Madagascar: Escape 2 Africa
Animation PV
High School Musical 3
Zac Efron, Vanessa Hudgens
Taken
Liam Neeson, Maggie Grace
Amália, o Filme
Sandra Barata Belo, Carla Chambel

LUSOMUNDO
DOLCE VITA DOURO
TEL: 707 246362
4 DEC-10 DEC

Twilight
Kristen Stewart, Robert Pattinson
Bangkok Dangerous
Nicolas Cage, James With
Body of Lies
Leonardo DiCaprio, Russell Crowe
Madagascar: Escape 2 Africa
Animation PV
Amália, o Filme
Sandra Barata Belo, Carla Chambel
007: Quantum of Solace
Daniel Craig, Olga Kurylenko

LUSOMUNDO
FORUM VISEU
TEL: 707 246362
4 DEC-10 DEC

Blindness
Julianne Moore, Mark Ruffalo
Four Christmases
Reese Witherspoon, Vince Vaughn
Madagascar: Escape 2 Africa
Animation PV
Mamma Mia!
Meryl Streep, Colin Firth
Bangkok Dangerous
Nicolas Cage, James With

Amália, o Filme
Sandra Barata Belo, Carla Chambel

LUSOMUNDO
PALÁCIO DO GELO
TEL: 707 246362
4 DEC-10 DEC

Twilight
Kristen Stewart, Robert Pattinson
007: Quantum of Solace
Daniel Craig, Olga Kurylenko
Body of Lies
Leonardo DiCaprio, Russell Crowe
Righteous Kill
Robert DeNiro, Al Pacino
Brideshead Revisited
Emma Thompson, Michael Gambon
Madagascar: Escape 2 Africa
Animation PV
Amália, o Filme
Sandra Barata Belo, Carla Chambel

LUSOMUNDO
FORUM VIZELA
TEL: 707 246362
4 DEC-10 DEC

Madagascar: Escape 2 Africa
Animation PV
Taken
Liam Neeson, Maggie Grace
Righteous Kill
Robert DeNiro, Al Pacino

LUSOMUNDO
BRAGA PARQUE
TEL: 707 246362
4 DEC-10 DEC

Entre les Murs
François Bégaudeau
Madagascar: Escape 2 Africa
Animation PV
Twilight
Kristen Stewart, Robert Pattinson
Nights in Rodanthe
Richard Gere, Diane Lane
Amália, o Filme
Sandra Barata Belo, Carla Chambel
Body of Lies
Leonardo DiCaprio, Russell Crowe
Blindness
Julianne Moore, Mark Ruffalo
007: Quantum of Solace
Daniel Craig, Olga Kurylenko

LUSOMUNDO
DOLCE VITA PORTO
TEL: 707 246362
4 DEC-10 DEC

Twilight
Kristen Stewart, Robert Pattinson
Nights in Rodanthe
Richard Gere, Diane Lane
Madagascar: Escape 2 Africa
Animation PV
Amália, o Filme
Sandra Barata Belo, Carla Chambel
Body of Lies
Leonardo DiCaprio, Russell Crowe
Mamma Mia!
Meryl Streep, Colin Firth

LUSOMUNDO
MAIA SHOPPING
TEL: 707 246362
4 DEC-10 DEC

Amália, o Filme
Sandra Barata Belo, Carla Chambel
Madagascar: Escape 2 Africa
Animation PV
Mamma Mia!
Meryl Streep, Colin Firth
007: Quantum of Solace
Daniel Craig, Olga Kurylenko
High School Musical 3
Zac Efron, Vanessa Hudgens

LUSOMUNDO
NORTE SHOPPING
TEL: 707 246362
4 DEC-10 DEC

Body of Lies
Leonardo DiCaprio, Russell Crowe
Madagascar: Escape 2 Africa
Animation PV & OV

007: Quantum of Solace
Daniel Craig, Olga Kurylenko
Twilight
Kristen Stewart, Robert Pattinson
Nights in Rodanthe
Richard Gere, Diane Lane
Blindness
Julianne Moore, Mark Ruffalo
Amália, o Filme
Sandra Barata Belo, Carla Chambel

LUSOMUNDO
GAIA SHOPPING
TEL: 707 246362
4 DEC-10 DEC

Righteous Kill
Robert DeNiro, Al Pacino
High School Musical 3
Zac Efron, Vanessa Hudgens
007: Quantum of Solace
Daniel Craig, Olga Kurylenko
Madagascar: Escape 2 Africa
Animation PV & OV
Twilight
Kristen Stewart, Robert Pattinson
Amália, o Filme
Sandra Barata Belo, Carla Chambel
Bangkok Dangerous
Nicolas Cage, James With
Body of Lies
Leonardo DiCaprio, Russell Crowe

LUSOMUNDO
PARQUE NASCENTE
TEL: 707 246362
4 DEC-10 DEC

Four Christmases
Reese Witherspoon, Vince Vaughn
Madagascar: Escape 2 Africa
Animation PV
Twilight
Kristen Stewart, Robert Pattinson
Amália, o Filme
Sandra Barata Belo, Carla Chambel
Blindness
Julianne Moore, Mark Ruffalo
Body of Lies
Leonardo DiCaprio, Russell Crowe
Bangkok Dangerous
Nicolas Cage, James With
007: Quantum of Solace
Daniel Craig, Olga Kurylenko
Saw V
Tobin Bell, Costas Mandylor
High School Musical 3
Zac Efron, Vanessa Hudgens
Death Race
Jason Statham, Tyrese Gibson
Mamma Mia!
Meryl Streep, Colin Firth
Arte de Roubar
Enrique Arce, Ivo Canelas

LUSOMUNDO
MAR SHOPPING
TEL: 707 246362
4 DEC-10 DEC

Madagascar: Escape 2 Africa
Animation
007: Quantum of Solace
Daniel Craig, Olga Kurylenko
Amália, o Filme
Sandra Barata Belo, Carla Chambel
Twilight
Kristen Stewart, Robert Pattinson
Nights in Rodanthe
Richard Gere, Diane Lane
Entre les Murs
François Bégaudeau
Journey to the Center of the Earth (3D)
Brendan Fraser, Josh Hutcherson
Mamma Mia!
Meryl Streep, Colin Firth
Body of Lies
Leonardo DiCaprio, Russell Crowe



OV = Original Version
PV = Portuguese Version

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 Indian Food Made Easy. (R) (T) 12.00 BBC News; Weather. (T) 12.10 Football Focus. (T) 1.00 Live Darts: World Masters. Day two from Bridlington Spa. (T) 4.30 Final Score. (T)

5.15 BBC News; Regional News; Weather. (T)
5.35 Hole in the Wall. Phil Tufnell, Nell McAndrew, Iwan Thomas and Josie D'Arby, under team captains Darren Gough and Anton Du Beke, try to force themselves through holes of differing shapes and sizes. (R) (T)

6.05 Strictly Come Dancing. The couples compete for a place in the semi-final. The results show is tomorrow at 8.15pm. (T)

7.25 Merlin. Gwen's father Tom is put on trial by Uther, accused of practising magic by helping a sorcerer turn lead into gold. However, Morgana fears his fate has already been decided, and tries to help him escape before he is sentenced to death. Cal Macaninch guest stars. (T)

8.10 The National Lottery Draws. The balls are set rolling to decide the all-important numbers. Presented by Gethin Jones. (T)

8.20 Casualty. A stressed Jessica collapses, leading Tess to ask if she is pregnant. Ruth and Ben try to make Toby face up to his feelings, but he seems to be in a downward spiral. Meanwhile, a woman who feels insecure about her restricted growth causes an accident, but the relationship she forges with the injured man helps to restore her confidence. (T)

9.10 Outnumbered. Mum and Dad try to survive being trapped in a foreign airport with their children, and as the delays continue and the security checks multiply, a game of I Spy takes an unexpected turn. Partly improvised comedy, starring Hugh Dennis, Claire Skinner and David Ryall. (T)

9.40 BBC News; Weather; (T) National Lottery Update. (T)

10.00 Match of the Day. Gary Lineker presents highlights of today's Premier League clashes, including Manchester United v Sunderland, Blackburn Rovers v Liverpool and Bolton Wanderers v Chelsea. The Black Cats suffered a narrow 1-0 defeat at Old Trafford last season and have struggled on the road so far during this campaign, with Roy Keane determined for his side to pick up at least a point at a ground where he enjoyed so much success during his playing career. (T)

11.20 FILM: Shanghai Noon (2000). Western comedy, starring Jackie Chan; (T) Weatherview. (T)

1.10 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: 7.00 Roar; (R) (T) The Owl. (R) (T) 8.00 The Secret Show. (R) (T) 8.15 Sportsround; (T) Bernard. (R) (T) 8.30 Gimme a Break. (T) 9.00 TMI. (T) 10.30 Gina's Laughing Gear; (R) (T) Prank Patrol Pooksize. (R) (T) 11.00 The Secret Show. (R) (T) 11.15 The Story of Tracy Beaker. (R) (T) 11.45 Eliot Kid. (R) (T) 12.00 BBC Switch: Malcolm in the Middle. (T) 12.20 BBC Switch: Malcolm in the Middle. (T) 12.45 BBC Switch: Mission Beach USA. (T) 1.15 BBC Switch: Sound. (T) 1.45 BBC Switch: Revealed. (T) 2.00 Coast. (T) 2.10 FILM: The Life and Death of Colonel Blimp (1943). Satirical war story, starring Roger Livesey. (T) 4.50 FILM: Rio Lobo (1970). Western, with John Wayne. (T) 6.40 Porridge. (R) (T) 7.10 Timeshift: Between the Lines - Railways in Fiction and Film. How trains have been depicted in literature and film. (T) 8.10 After Rome: Holy War and Conquest. Part two of two. Boris Johnson explores differing views of the Crusades. (T) 9.10 Have I Got a Bit More News for You. Extended version, with guest host David Mitchell. (R) (T) 9.50 Never Mind the Buzzcocks. Guest captain Dermot O'Leary joins host Simon Amstell and regular Phil Jupitus, with panellists Arlene Phillips, Robert Webb, Keith Murray and Dappy. (R) (T) 10.20 We Are Family. (R) (T) 11.20 FILM: William Shakespeare's The Merchant of Venice (2004). Premiere. Drama, starring Al Pacino. (T) 1.25 FILM: The Million Dollar Hotel (2000). Murder mystery, starring Jeremy Davies. (T) 3.20 Close.

Pick of the Day

The British Comedy Awards 2008 (ITV1 Granada, 9.15pm)

Despite the fact that the National Comedy Awards have a pedigree for truly outrageous behaviour, the powers that be have decided to play things safe, and the 19th annual extravaganza will not be hosted by Jonathan Ross. Does his absence mean that we're in for a night devoid of the near-the-knuckle gags we've all come to know and love? It certainly doesn't look like it, as the acts and stars taking part are not shy when it comes to saying what's on their minds. The British Comedy Awards feature some of the world's biggest stars - previous shows have included appearances by Madonna, Sacha Baron Cohen, Paul Bettany, Jack Black, Elton John, Steve Martin, Hugh Grant, Samuel L. Jackson, Dame Edna Everage and Robbie Williams. Plus, there have been surprise visits by famous faces including Tony Blair, Archbishop Desmond Tutu, Mo'Nique and Professor Stephen Hawkins. So, what's in store this year? Well, Harry Hill will take on controversial BBC chat show host Jonathan Ross for a start. The TV Burp star is up against the Friday Night... host to win the Best Comedy Entertainment Programme of 2008. Meanwhile, Ant and Dec are in the running for the Best Comedy Entertainment Personality of 2008, alongside Harry, Alan Carr and Graham Norton.

C4

6.10 The Hoobs. (R) (T) 6.35 Planet Cook. (T) 7.00 Goalissimo. (R) (T) 8.00 The Morning Line. (T) 8.55 T4: unsignedAct. (R) (T) 10.00 T4: Friends. (R) (T) 10.30 T4: Madagascar: Escape 2 Africa T4 Movie Special. 11.00 T4: The Month with Miquita. (T) 12.05 T4: Reaper. (R) (T) 1.00 T4: 101 Challenges. (T) 1.45 Channel 4 Racing from Sandown Park and Wetherby. Including the 2.35 Seasons Holiday Tingle Creek Chase (2m). (T) 3.50 The TV Show. (T) 4.25 FILM: Carry On Doctor (1967). Bawdy hospital comedy, starring Frankie Howerd. (T) 6.10 How Clean Is Your House? (R) (T) 6.40 Channel 4 News. (T) 7.10 FILM: The First Wives Club (1996). Three middle-aged women dumped by their husbands in favour of younger girls plot revenge. Comedy, starring Goldie Hawn, Bette Midler and Diane Keaton. (T) 9.10 The Devil's Whore. The country is in shock as Cromwell puts Charles I on trial for treason and becomes the first head of the Republican government. Dominic West and Peter Capaldi star. (R) (T) 10.15 FILM: Along Came a Spider (2001). A youngster is kidnapped from a private school by one of her teachers, prompting a race against time to find her. Thriller, starring Morgan Freeman and Monica Potter. (T) 12.20 4Music: 4Music Presents: Kings of Leon. (R) (T) 12.50 4Music: 4Music: The Month with Miquita. (R) (T) 1.55 FILM: Whisky (2004). Premiere. Comedy drama starring Andres Pazos. 3.45 Hill Street Blues. (R) 4.30 Countdown. (R) (T) 5.15 Adrenalin Rush. (R) (T) 5.40 Making It. (R) 5.45 The Hoobs. (R) (T)

FIVE

6.00 Sunrise. 7.00 Milkshake! Harry and His Bucket Full of Dinosaurs. (T) 7.10 Chiro. (T) 7.15 Milkshake! Music Box. (R) (T) 7.30 Hana's Helpline. (R) (T) 7.45 The Adventures of Bottle Top Bill and His Best Friend Corky. (T) 8.00 Little Princess. (R) (T) 8.15 Franny's Feet. (R) (T) 8.30 The Beeps. (R) (T) 8.50 The Mr Men Show. (R) (T) 9.05 Rupert Bear. (R) (T) 9.20 The Milkshake! Show. (R) (T) 9.50 Roobarb and Custard Too. (R) (T) 10.00 The Gadget Show. (R) (T) 11.00 World's Strongest Man Super Series. (R) (T) 12.00 Zoo Days. (R) (T) 12.30 FILM: Snow White (2001). Fantasy, starring Kristin Kreuk. (T) 2.20 FILM: Last of the Dogmen (1995). Western, starring Tom Berenger. (T) 4.30 FILM: Contact (1997). Sci-fi drama, starring Julie Foster. (T) 7.00 Five News and Sport. (T) 7.15 NCIS. A technician witnesses a murder. (R) (T) 8.10 NCIS. The severed leg of a missing Marine is discovered in a rubbish bin, putting the team on the trail of a small-town murder racket. Crime drama, starring Mark Harmon. (R) (T) 9.10 CSI: NY. Flack and Stella interrogate a congressman suspected of involvement in the murder of a drag queen, and an extreme-sports executive is found dead in a gutter used to de-ice streets. (R) (T) 10.10 Law & Order: Criminal Intent. (R) (T) 11.10 FBI Files. (R) (T) 12.10 Quiz Call. (T) 4.15 Wildlife SOS. (R) (T) 4.35 Royal Institution Christmas Lectures 2006. (R) (T) 5.15 Royal Institution Christmas Lectures 2006. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 CITV: Captain Mack. (R) (T) 9.40 Emu. (T) 9.55 My Parents Are Aliens. (R) (T) 10.25 My Life As a Popat. (T) 10.55 Finger Tips. (T) 11.15 Finger Tips. (T) 11.35 Planet Sketch. (R) (T) 11.40 Coronation Street. (T) 1.30 ITV News and Weather. (T) 1.35 London Today; Weather. (T) 1.40 FILM: Buffalo Bill and the Indians (1976). Western biopic, starring Paul Newman. (T) 4.00 Midsomer Murders. (R) (T)

6.00 London Tonight; Weather. (T)

6.15 ITV News and Weather. (T)

6.30 New You've Been Framed! Harry Hill narrates another selection of camcorder calamities and viewers' mobile phone footage, including a footballer on ice, tots in training for the 2012 Olympic Games and a dog that steals the show at a wedding. (T)

7.00 The X Factor. The remaining contestants compete for the three places in next week's grand final. Having seen the 12 acts who qualified for the live stage whittled down to just four, judges Cheryl Cole, Simon Cowell, Louis Walsh and Dannii Minogue will be keen to defend their favourite performers, but the decision is all down to the public vote. Dermot O'Leary presents. The results can be seen at 8.45pm. (T)

8.15 Harry Hill's TV Burp. The comedian takes a surreal look at the week's small-screen highlights, subjecting the latest soap sagas, reality shows, documentaries and other assorted oddities to his unique brand of scrutiny through his collection of TV clips. (T)

8.45 The X Factor - The Result. It Divo perform live before Dermot O'Leary announces the result of the viewers' verdict. One of the four acts will have their dreams of stardom shattered, while next week's grand final beckons for the other three. (T)

9.15 The British Comedy Awards 2008. Angus Deayton host the 19th annual ceremony, in which the cream of the crop gathers to honour the best comedy actors, actresses, entertainment personalities and newcomers, along with the pick of the year's TV and film comedies. Keeping their fingers crossed for recognition will be stars including David Mitchell, James Corden, Ricky Gervais, Michael McIntyre, Russell Brand and Alan Carr, plus the casts of such shows as Gavin & Stacey and Peep Show. (T)

10.45 Big Fight Live. Carl Froch v Jean Pascal. (T)

11.50 ITV News and Weather; Weather. (T) 12.00 Nightwatch with Steve Scott: Mystery. (R) (T) 1.00 Nightwatch with Steve Scott: Crime. (R) (T) ITV News Headlines. 1.50 FILM: Plain Truth (2004). Premiere. Drama, starring Mariska Hargitay. (T) 3.20 ITV Nightscreen.

LOCAL

RTP1
0630 Children TV 0645 Brinca Comigo 0800 Bom Dia Portugal 1100 Mudar de Vida 1130 Portugal sem Fronteiras 1230 Contra Informação 1300 News 1415 Top + 1545 Chuch, series 1715 A Minha Geração 1900 Vila Faia 2000 News 2100 A Voz do Cidadão 2115 Liberdade 2215 Jogo Duplo 2315 Football: V. Setúbal v FC Porto 2345 Os Contemporâneos 0030 The Unit, series 0300 Mad Max 2, film 0445 Euronews 0515 Top + 0615 A Hora da Sorte
RTP2
0700 Euronews 0730 África 7 Dias 0800 News 0830 Bravo 0900 Open Universe 0945 A Alma e a Gente 1015 Biosfera 1100 Bastidores 1130 Recantos 1200 Voluntário 1230 Percursos da Música Portuguesa 1300 A Luz dos meus Dias 1400 Parlamento 1500 Sports 1900 Voluntário 1930 Bravo 2000 Kaboom 2100 Diga Lá! Excelência 2145 A Hora da Sorte 2200 News 2240 Royal Wedding, film 0030 House of Wax, film 0230 Sports 0630 Euronews
SIC
0600 Etnias 0645 Sic Kids 0830 Disney Kids 1000 Power Overdrive 1030 Programa da Lucy 1200 Our World: Galapagos 1300 News 1400 Episódio Especial 1500 Futsal: Fundação x Benfica 1700 Ghost Whisperer, series 1800 Film TBA 2000 News 2130 Não Há Crise 2245 A Favorita 2330 Magic: Secrets 0030 Film TBA 0230 Todos em Linha 0400 The Man from Elysian Fields, film
TVI
0700 Children TV 0930 Smackdown - Wrestling 1030 Detective Maravilhas 1115 Deluxe 1215 Antevésio 1300 News 1400 The Gladiator, film 1700 The Sixth Sense, film 2000 News 2115 Caia quem Caia 2230 Feitiço de Amor 0030 Legends of the Fall, film 0230 Sempre a Somar 0400 Até que a Morte nos Separe 0430 The Beast, mini-series 0530 Telesales

Best of the Rest

BBC3
7.00 The Real Hustle Las Vegas 7.10 The Real Hustle: High Stakes 7.40 The Real Hustle: High Stakes 8.10 Top Gear 9.10 Film: Copycat 18 (1995) 11.10 Family Guy 11.35 Family Guy 11.55 Two Pints of Lager and a Packet of Crisps 12.25 Two Pints of Lager and a Packet of Crisps 12.55 West 10 LDN 1.50 The Last Millionaire 2.50 Two Pints of Lager and a Packet of Crisps 3.20 Two Pints of Lager and a Packet of Crisps 3.50 Clone 4.20 The Real Hustle: High Stakes 4.50 The Real Hustle: High Stakes 5.20 Close
BBC4
7.00 Crowdie and Cream 8.00 Tess of the D'Urbervilles 9.00 Who Is Kurt Wallander? 10.00 Wallander 11.25 Mad Men 12.15 Who Is Kurt Wallander? 1.15 The Hard Sell 1.45 Tess of the D'Urbervilles 2.45 Who Is Kurt Wallander? 3.45 The Hard Sell 4.15 Close
ITV2
1.05 The Planet's Funniest Animals 1.40 Britannia High 2.40 Here Come the Boys 3.40 The Xtra Factor - The Result 4.25 Film: Hulk 12 (2003) 7.00 Superhuman: Super Strong 8.00 Vernon Kay: The Hot Desk 8.15 The Xtra Factor 8.45 The Planet's Funniest Animals 9.15 The Xtra Factor - The Result 10.00 No Heroes 10.30 Keith Lemon: The Hot Desk 10.45 British Comedy Awards 2008 - The Party 11.45 The X Factor 1.00 The Xtra Factor 1.30 The X Factor - The Result 2.40 The Xtra Factor - The Result 2.45 101 Sexiest Celebrity Bodies 3.30 Pop Stars: Gone Bad 4.00 Nanny 911 4.40 Ricki Lake 5.20 Ricki Lake

Sky1
1.00 Don't Forget the Lyrics 2.00 Don't Forget the Lyrics 3.00 Film: The Librarian: Quest for the Spear 12 (2004) 4.50 Bite Size Brainiac 5.00 The Simpsons 5.30 The Simpsons 6.00 Noel's Are You Smarter Than a 10 Year Old? 7.00 Futurama 7.30 Futurama 8.00 UK Border Force 9.00 Road Wars 10.00 Road Wars 11.00 Road Wars 12.00 Prison Break 1.00 Road Wars 1.50 The Villa 2.40 Mize High 3.30 Mile High 4.20 Billa Uncovered 5.10 Guilty!
G.O.L.D
1.30 Only Fools and Horses Top 40 Moments 3.30 TV's Greatest Christmas Moments 5.30 Only Fools and Horses Top 40 Moments 7.30 Morecambe and Wise - The Greatest Moment 9.00 The Vicar of Dibley 9.55 Porridge 10.35 Jonathan Creek 11.40 Jonathan Creek 12.55 The Vicar of Dibley 1.45 The New Adventures of Old Christine 2.10 The New Adventures of Old Christine 3.00 Close
TCM
1.00 Butterfield 8 PG (1960) 3.00 Whistle Down the Wind PG (1961) 4.50 Where the Spies Are PG (1965) 6.55 The Year of Living Dangerously PG (1982) 9.00 Poltergeist 15 (1982) 11.05 The Split 15 (1968) 12.45 The Outrage 15 (1964) 2.30 The Four Horsemen of the Apocalypse PG (1961) 5.00 Saratoga PG (1937)
The Disney Channel
Kids' programmes from 7am, except: 4.00 Film: Go Figure U (2005) Teen movie, starring Jordan Hinson. 8.00 Film: Cadet Kelly U (2002) Comedy, starring Hilary Duff.

MOVIES

Sky Movies Drama
7.00 An American Affair 15 (1997) 8.45 A Mother's Testimony 15 (2000) 10.25 Onegin 12 (1999) 12.15 Columbo Goes to the Guillotine PG (1989) With Peter Falk. 2.00 The Trench 15 (1999) With Daniel Craig. 3.45 The Illusionist PG (2006) With Edward Norton. 5.40 Flyboys 12 (2006) With James Franco. 8.00 The Insider 15 (1999) With Al Pacino. 10.45 Gridiron Gang 12 (2006) With Dwayne Johnson. 1.00 Scarface 18 (1983) With Al Pacino. 4.00 The Top 10 Show 4.15 Yesterday's Children 12 (2000)
Sky Movies Comedy
6.20 Runaway Bride PG (1999) 8.20 Splitting Heirs 15 (1993) 9.50 Happy Gilmore 12 (1996) 11.25 Runaway Bride PG (1999) With Julia Roberts. 1.25 Mr Bean's Holiday PG (2007) With Rowan Atkinson. 3.00 Borat: Cultural Learnings of America for Make Benefit Glorious Nation of Kazakhstan 15 (2006) With Sacha Baron Cohen. 4.30 Blast from the Past 12 (1999) With Brendan Fraser.
Sky Movies Action/Thriller
6.25 Mr Bean's Holiday PG (2007) With Rowan Atkinson. 8.00 Borat: Cultural Learnings of America for Make Benefit Glorious Nation of Kazakhstan 15 (2006) With Sacha Baron Cohen. 9.30 Happy Gilmore 12 (1996) With Adam Sandler. 11.10 Blast from the Past 12 (1999) With Brendan Fraser. 1.05 Splitting Heirs 15 (1993) With Eric Idle. 2.40 Don't Go Breaking My Heart PG (1999) With Jenny Seagrove. 4.20 The Pirates of Penzance U (1982)
Sky Movies Action/Thriller
6.55 The Postman 15 (1997) 10.05 Top Gun 12 (1986) 12.10 The Mask of Zorro PG (1998) With Antonio Banderas. 2.40 Final Analysis 15 (1992) With Richard Gere. 4.55 Top Gun 12 (1986) With Tom Cruise. 7.00 Rocky Balboa 12 (2006) With Sylvester Stallone. 9.00 Striking Distance 15 (1993) With Bruce Willis. 10.45 The Delta Force 18 (1986) With Chuck Norris. 1.00 Delta Force II: The Colombian Connection 18 (1990) With Chuck Norris. 2.55 The Mask of Zorro PG (1998) With Antonio Banderas. 5.15 Wing Commander PG (1999)
Sky Movies Comedy
6.20 Runaway Bride PG (1999) 8.20 Splitting Heirs 15 (1993) 9.50 Happy Gilmore 12 (1996) 11.25 Runaway Bride PG (1999) With Julia Roberts. 1.25 Mr Bean's Holiday PG (2007) With Rowan Atkinson. 3.00 Borat: Cultural Learnings of America for Make Benefit Glorious Nation of Kazakhstan 15 (2006) With Sacha Baron Cohen. 4.30 Blast from the Past 12 (1999) With Brendan Fraser.

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SPORT

Sky Sports 1
6.00 Big League Weekend 1 7.00 Premier League Preview 7.30 Champions League Weekly 8.00 De La Hoya v Pacquiao 24/7 8.30 Big Fight Countdown 9.00 Soccer AM 12.00 Soccer Saturday 12.30 Live Football Special: Fulham v Manchester City (Kick-off 12.45pm). 3.00 Soccer Saturday 5.15 Live Saturday Night Football. Queens Park Rangers v Wolverhampton Wanderers (Kick-off 5.20pm). 7.25 De La Hoya v Pacquiao 24/7 7.55 Big Fight Countdown 8.25 Football First 10.15 Football First 11.45 Football First 1.15 Football First 2.45 Football First 4.15 Spanish Football 5.45 Sky Sports Classics
Sky Sports 2
6.00 Ironman Triathlon 7.00 Tight Lines 8.00 British Ice Hockey 10.30 Big Fight Countdown 11.00 De La Hoya v Pacquiao 24/7 11.30 Friday Fight Night 1.00 Live European Rugby Union. Leicester v Castres (Kick-off 1.35pm). 3.30 Live European Rugby Union. Stade Français v Harlequins (Kick-off 3.30pm). 5.30 Live European Rugby Union. Leicester Tigers v Perpignan (Kick-off 5.30pm). 7.30 Live European Rugby Union. Bayonne v Saracens (Kick-off 7.45pm). 10.00 World Sport 10.30 Ocean Race 11.00 NFL: Total Access 12.00 NFL: America's Game 1.00 Spanish Football 2.30 Race World 3.30 WWE Power 4.30 NFL: Total Access 5.30 Ocean Race
Sky Sports 3
6.00 Sports Unlimited 7.00 World Sport 7.30 Ocean Race 8.00 Race World 9.00 Sports Unlimited 10.00 WWE: Smackdown 12.00 WWE: Bottom Line 1.00 Max Power 2.00 Friday Fight Night 3.30 De La Hoya

British Eurosport
6.00 Live Sailing. Coverage of the Monsoon Cup. 8.00 World Rally Championship 8.30 Ski Jumping 9.30 Live Cross-Country Skiing. World Cup coverage from La Clusaz in France. 11.00 Live Biathlon. World Cup coverage from Ostersund. 12.30 Live Cross-Country Skiing. World Cup coverage from La Clusaz in France. 1.15 Live Biathlon. The World Cup meeting from Ostersund. 3.00 Live Ski Jumping. The team HS131 World Cup jump from Trondheim. 4.45 Live Curling. Germany v Norway. 6.00 Live Alpine Skiing. World Cup coverage from Beaver Creek. 7.30 Live Alpine Skiing. The World Cup meeting at Lake Louise. 9.00 Boxing 10.30 World Rally Championship 11.00 Motor Racing 12.30 World Rally Championship 1.00 Close
Sky Sports Xtra
6.00 Race World 7.00 Express Evening 9.00 NFL: America's Game 10.00 Max Power 11.00 Racing News 11.30 Ocean Race 12.00 NFL: America's Game 1.00 NFL: Total Access 2.00 Pool 3.30 World Sport 4.00 NFL: Total Access 5.00 Express Evening 7.00 Live Spanish Football. Villarreal v Getafe (Kick-off 7.00pm). 9.00 Live Spanish Football. Barcelona v Valencia (Kick-off 9.00pm). 11.00 Max Power 12.00 Sports Unlimited 1.00 Premier League Snooker 4.30 Pool

Everything in English

WORLD TELECOM
707 500 600

BBC1

6.00 Breakfast. (T) 7.35 Match of the Day. (R) (T) 9.00 The Andrew Marr Show. (T) 10.00 Christmas Voices. (T) 11.00 Countryfile. (T) 12.00 The Politics Show. (T) 1.00 'Allo 'Allo! (R) (T) 1.25 Diagnosis Murder. (R) (T) 2.10 EastEnders. (T) 4.05 Merlin. (R) (T) 4.50 Songs of Praise. (T)

5.50 BBC News; Regional News; Weather. (T)
6.15 Little Dorrit. Omnibus. The Merdles think they have ended Sparkler's relationship with Fanny by getting him a job. Meanwhile, his intended bride is busy trying to prevent Mrs General becoming her stepmother. Mr Dorrit orders Army to stay in Venice, and Mrs Clennam comes under suspicion following Rigaud's disappearance. (T)

7.15 Antiques Roadshow. Fiona Bruce and the team visit Hertford College, Oxford, where the presenter studied French and Italian. Among the items brought in by the public are a unique recording of a Beatles studio session and a Maori carving with a macabre past. A Russian painting also receives a surprising valuation. (T)

8.15 Strictly Come Dancing. Barry Manilow sings in the studio, and Bruce Forsyth and Tess Daly reveal which two couples face the dreaded dance-off, before the judges decide who will be making their last curtain call. Featuring behind-the-scenes footage from Saturday's show and performances by the professional dancers. (T)

9.00 Wallander. When a man dies at a cash machine and two teenage girls confess to the murder of a taxi driver, the detective appears to have two open-and-shut cases. However, Wallander's investigation leads him to discover a conspiracy that stretches far beyond the borders of Sweden. Drama based on the best-selling books by Henning Mankell, starring Kenneth Branagh, Sarah Smart and David Warner. (T)

10.30 BBC News; Weather. (T)

10.50 Spooks. Harry is arrested after being framed as the mole who revealed classified information, and the head of MI5 orders his interrogation. With Britain under threat of nuclear attack from Russia, the whole team comes under suspicion and all communication is monitored. After a trusted contact is murdered, Lucas is horrified when he realises the identity of the double agent. Drama, guest starring Robert Glenister. (R) (T)

11.50 FILM: Steal (2002). Crime thriller, starring Stephen Dorff. (T)

1.10 The Sky at Night. (T) Weatherview. (T) 1.35 Sign Zone. Holby City. (R) (T) 2.35 Sign Zone: Survivors. (R) (T) 3.35 Sign Zone: Twigg's Frock Exchange. (R) (T) 4.35 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: 7.00 Roar; (R) (T) Bernard. (R) (T) 8.00 Mona the Vampire. (R) (T) 8.15 What's New Scooby-Doo? (R) (T) 8.35 Bring It On. (R) (T) 9.00 Escape from Scorpion Island. (T) 10.00 Something for the Weekend. (T) 11.30 Rachel's Favourite Food at Home. (R) (T) 12.00 Animal Park. (R) (T) 1.00 Fred Dibnah's Made in Britain. (R) (T) 1.30 Live Darts: World Masters. Action from the semi-finals and live coverage of the final. (T) 5.20 One Man and His Dog 2008. (T) 6.00 Wild China. (R) (T) 7.00 Long Way Down. Charley Boorman and Ewan McGregor spot wild zebras in Kenya, get up close with gorillas in Rwanda and spend an emotional day at a site for former child soldiers in northern Uganda. (R) (T) 8.00 Top Gear. London mayor Boris Johnson is the Star in a Reasonably Priced Car. (T) 9.00 Louis Theroux: Law and Disorder in Johannesburg. Conclusion. The journalist investigates crime in the South African city. (T) 10.00 Match of the Day 2. Adrian Chiles presents highlights of today's two Premier League games - Everton v Aston Villa at Goodison Park and West Bromwich Albion v Portsmouth at the Hawthorns. (T) 10.50 Graham Norton Uncut. (T) 11.35 Heroes. (R) (T) 12.00 FILM: Joan of Arc (1999). Epic drama, starring Milla Jovovich. (T) 2.50 BBC News. (T) 4.30 Inside Sport. (R) (T) 5.00 Close.

Pick of the Day

Take That Come to Town (ITV1 Granada, 8pm)

Whether you love them or hate them, there's no denying Take That's star quality. The Mancunian boy band have 10 UK number one singles and three number one albums to their name, and their popularity was so high during the 1990s that millions of heartbroken teenage girls rang counselling hotlines across Europe when they announced they were to disband in 1996. Thankfully, the boys reformed in 2005 and after the runaway success of their comeback album Beautiful World, they haven't looked back since. In this one-off special, Gary, Jason, Mark and Howard take to the stage and perform a selection of their hits to the lucky members of this intimate studio audience in Manchester. Okay, so you might not have been invited to the city's biggest musical extravaganza since Oasis thrilled a capacity Maine Road crowd as part of their There And Then tour in 1996, but you'll still have a ball from the comfort of your living room as the lads celebrate the release of their latest album, The Circus. They will perform a wide selection of songs from their extensive back catalogue, including Patience, Shine, Back For Good and new single Greatest Day.

C4

6.10 Planet Cook. (T) 6.35 Transworld Sport. (T) 7.30 Beach Volleyball. (R) 8.00 Adrenalin Rush. (T) 8.30 Ironman Triathlon. 8.55 T4: Friends. (R) (T) 9.30 T4: Hollyoaks. (T) 12.00 T4: unsignedAct. (T) 1.00 T4: Friends. (R) (T) 1.35 T4: Relentless. (T) 2.25 FILM: See Spot Run (2001). Canine comedy, starring David Arquette. (T) 4.15 T4: The Simpsons. (R) (T) 4.45 T4: The Simpsons. (R) (T) 5.15 Deal or No Deal. (T) 6.05 Channel 4 News. (T) 6.20 FILM: Miracle on 34th Street (1994). A girl does not believe in Santa Claus, but has a change of heart thanks to a snow-bearded pensioner claiming to be the man himself. Children's fantasy drama, with Richard Attenborough. (T) 8.30 Bring Back Dallas. Comedian Justin Lee Collins embarks on a mission to track down the cast of the TV soap Dallas and reunite the stars at his own Old Barons' Ball in Los Angeles. (R) (T) 10.00 FILM: Bulletproof Monk (2003). A Tibetan monk acting as guardian of an ancient scroll battles modern-day Nazis while training a pickpocket to be his replacement. Martial arts thriller, starring Chow Yun-Fat. (T) 12.05 Brothers & Sisters. (T) 1.05 4Play: The Hours. 1.35 FILM: Camp (2003). Premiere. Coming-of-age drama, starring Daniel Letterle. 3.30 Supporting Acts. (R) (T) 3.45 3 Minute Wonder: Where There's a Will. (R) (T) 3.50 Hill Street Blues. (R) 4.35 Countdown. (R) (T) 5.20 Adrenalin Rush. (R) (T) 5.45 The Hoobs. (R) (T)

FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (R) (T) 6.05 Bird Bath. (R) (T) 6.10 Softies. (R) (T) 6.15 Look! (R) (T) Aussie Antics. (R) (T) 6.20 Angels of Jamm. (R) (T) 6.30 Elmo's World. (R) (T) 6.50 Harry and His Bucket Full of Dinosaurs. (T) 7.05 Chiro. (T) 7.10 Milkshake! Music Box. (R) (T) 7.20 Hana's Helpline. (R) (T) 7.35 The Adventures of Bottle Top Bill and His Best Friend Corky. (T) 7.50 Little Princess. (R) (T) 8.00 Look! (R) (T) 8.05 Franny's Feet. (R) (T) 8.20 The Beeps. (R) (T) 8.40 The Mr Men Show. (R) (T) 8.55 Rupert Bear. (R) (T) 9.10 The Milkshake Show. (R) (T) 9.40 Mist: Sheepdog Tales. (R) (T) 9.50 Roobarb and Custard Too. (R) (T) 10.00 Secrets of Egypt: Screaming Man. (R) (T) 11.00 Dangerous Adventures for Boys. (R) (T) 12.00 The Great British Sea Monster: Great Ocean Adventures. (R) (T) 12.50 Zoo Days. (T) 1.00 FILM: The Sword and the Rose (1953). Historical romance, with Richard Todd. 2.45 Five News and Sport. (T) 3.00 FILM: Steel Magnolias (1989). Bittersweet drama, starring Sally Field. (T) 5.10 FILM: Home Alone (1990). Blockbusting family comedy, starring Macaulay Culkin. (T) 7.05 FILM: The Pink Panther (2006). Premiere. Bumbling French policeman Inspector Clouseau goes in search of a priceless stolen diamond. Comedy remake, starring Steve Martin, Kevin Kline and Jean Reno. (T) 9.00 FILM: Just Cause (1995). A legal expert uncovers disturbing evidence of police brutality - but is met with hostility when he tries to put his case. Thriller, starring Sean Connery. (T) 1.05 FILM: Silent Cry (2002). Thriller, starring Emily Woof. (T) 12.45 Great Australian Run. 1.15 Live NFL: Seattle Seahawks vs New England Patriots (Kick-off 1.15am). 4.20 Kickboxing: Now Is the Time - Night of Combat. 5.10 Royal Institution Christmas Lectures 2006. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 CITV: Art Attack. (R) (T) 9.50 Prove It! (R) (T) 10.10 Finger Tips. (T) 10.30 Finger Tips. (T) 10.50 Planet Sketch. (R) (T) 10.55 The Championship. (T) 11.55 ITV News and Weather. (T) 12.00 London Today; Weather. (T) 12.05 FILM: Getting There (2002). Adventure, starring Mary-Kate and Ashley Olsen. (T) 1.50 The X Factor. (R) (T) 3.05 The X Factor - The Result. (R) (T) 3.35 London Tonight; Weather. (T) 3.50 FILM: Star Wars: Episode I - The Phantom Menace (1999). Sci-fi prequel, starring Liam Neeson and Ewan McGregor. Including ITV News and Weather. (T)

6.30 Britannia High. Lola's friends believe she is having an affair with dance mentor Stefan after reading her diary, but their efforts to investigate further places his teaching career in jeopardy. (T)

7.30 Coronation Street. Maria realises Tony knew about Liam's kiss with Carla before asking him to be best man, and Molly wonders why Tyrone is spending so much time with Minnie. (T)

8.00 Take That Come to Town. One-off special in which Jason Orange, Mark Owen, Howard Donald and Gary Barlow perform classic hits as well as songs from their new album The Circus in front of a studio audience in Manchester. (T)

9.00 I'm a Celebrity Get Me Out of Here! Coming Out. Cameras follow this year's contestants as they leave the jungle to be reunited with friends and families and return to the comforts of home. The well-known faces, who included Esther Rantzen, Robert Kilroy-Silk, Dani Behr, Simon Webbe, Martina Navratilova, Joe Swash, George Takei, Carly Zucker, Brian Paddick and Nicola McLean, talk about their time in the camp, react to the tabloids' interest in them and enjoy the luxury of the Versace hotel after enduring Bushtucker Trials. (T)

10.30 ITV News and Weather; Weather. (T)

10.45 The Marinsky Theatre: The South Bank Show. Backstage at the Marinsky Theatre in St Petersburg to celebrate its 225th anniversary, presenting a first look at archive material that was hidden during the siege of the city in World War Two. Leading directors and artists piece together the history of a venue which has championed Russian music and dance despite the significant political changes of the past 200 years. Last in the series, presented by Melvyn Bragg. (T)

11.45 Britain's Love Story. Series documenting 50 years of love, sex and marriage in the UK, beginning with stories from the 1950s and 1960s, when a young generation believed their relationships would last for ever. (R) (T)

12.45 Quincy ME; (R) (T) ITV News Headlines. 1.40 60 Minute Makeover. (R) (T) 2.30 Antiques Auction. (R) (T) 2.55 Antiques Auction. (R) (T) 3.20 I Want That House By the Sea. (R) (T) 3.45 ITV Nightscreen.

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LOCAL

Best of the Rest

MOVIES

SPORT

RTP1
0630 Children TV0645 Brinca Corriço
0800 Bom Dia Portugal 1000 Mass
1100 Greatest Places 1200 Sentido
do Gosto 1230 Em Reportagem 1300
News 1415 Sô Vistô! 1515 Bones,
series 1600 Olha quem Dançal! 1800
Telerural 1915 Football: Marítimo x
Bericia 2100 News 2145 Escolhas
de Rebelo de Sousa 2200 A Minha
Geração 0000 Domingo Despertar
0130 The Fourth King 0415 World
Rally Championship 0415 Sô Vistô!
0515 National Geographic: Tribal
Odyssey 0605 Nôs

RTP2
0700 EuroNews 0730 África @ Global
0800 Músicas de África 0900
Caminhos 1030 Notícias 1100 Nôs 1100
Da Terra ao Mar 1130 Consóio 1200
Vida por Vida 1300 Recantos 1330
National Geographic 1415 Staying
Alive: XPress 2008 1445 A Voz do
Cidadão 1500 Sports 1930 Alma e
a Gente 2000 Bombordo 2030 The
Simpsons 2100 The Antibiotics
Adventures 2200 News 2230
Câmara Clara 2350 Um Mundo Catita
0030 Ona Curta 0045 A Alma e a
Gente 0115 Sports 0515 EuroNews

SIC
0645 Sic Kids 0830 Disney Kids
1000 Power Overdrive 1030
Programa da Lucy 1200 BBC Wild
Life: Elephant Nomads of the
Namibia 1300 News 1400 Fama
Show 1445 Film TBA 1630 Film TBA
1815 Film TBA 2000 News 2115
Grande Reportagem SIC 2200 Gato
Fedorento 2300 A Favorita 0015
Desperate Housewives, series
0115 CSI New York 0215 Todos em
Linha 0400 Malevolent, film

TVI
0700 Children's TV 0930 O Bando
dos Quatro 1030 Hanna Montana
1115 Mass 1300 News 1400 Barbie
and the Diamond Castle, film 1700
Hook, film 2000 News 2100 Reporter
TVI 2130 Feitiço do Amor 2245
Casos da Vida 0030 Mr Nice Gue,
film 0230 Sempre a Somar 0400
The Beast, mini-series 0500
TeleSales 0630 Todos Iguais

BBC3

7.00 Dog Borstal 8.00 Don't Tell the
Bride 9.00 The Last Millionaire 10.00
Family Guy 10.25 Family Guy 10.45
Film: Copycat 18 (1995) 12.40
Clone 1.10 The Last Millionaire 1.20
Don't Tell the Bride 3.05 Filthy Rich
and Famous 4.05 Dog Borstal 5.05
Close

BBC4

7.00 Travels with Vasari 8.00
Legends 9.00 Nana Mouskouri at
the BBC 10.00 Presenting Nana
Mouskouri 10.30 Who Is Kurt
Wallander? 11.30 Charlie Brooker's
Screenwipe 12.20 Mark Lawson
Talks to John Le Carré 1.20 Travels
with Vasari 2.20 Legends 3.20 Nana
Mouskouri at the BBC 4.20 Close

ITV2

1.30 Film: Babe: Pig in the City PG
(1998) 3.15 Coronation Street 5.15
The X Factor 6.30 Superhuman:
Giants 7.30 The X Factor - The
Result 8.00 Britain Does the Funniest
Things 9.00 Film: Police Academy
11 (1984) 11.00 Coronation Street
11.30 Film: True Lies 15 (1994)
2.05 Teleshopping 5.05 ITV2
Nightscreen

Sky1

1.50 Bite Size Brainiac 2.00
Gladiators - Battle of the Forces
3.00 Malcolm in the Middle 4.00
Malcolm in the Middle 4.00
Futurama 5.00 Futurama 5.00
Futurama 6.00 Futurama 6.30
The Simpsons 7.00 Wayne Rooney's
Street Striker 8.00 The Simpsons
8.30 The Simpsons 9.00 Fringe
10.10 Film: Beverly Hills Cop 15
1.15 Bones 1.15 Road Wars 2.10 Road

Wars 3.05 The Villa 4.00 Bite Size
Brainiac 4.20 Ibiza Uncovered 5.10
Guilty!
G.O.L.D
1.30 Blackadder's Most Cunning
Moments 3.30 Morecambe and
Wise - The Greatest Moment 5.20
The Vicar of Dibley Top 40 Moments
7.00 Blackadder's Most Cunning
Moments 9.00 My Family 10.00
Jonathan Creek 11.10 Jonathan
Creek 12.15 My Family 1.20
Jonathan Creek 2.20 Generation
Game - Now and Then 2.45 The
Dick Emery Show 3.00 Close

TCM

1.00 Zig Zag PG (1970) 3.00 Two
Loves PG (1961) 4.55 The Journey
U (1959) 7.15 Soylent Green 15
(1973) 9.00 The Dirty Dozen 15
(1967) 11.35 Wise Guys 15 (1986)
1.15 Slither 15 (1973) 2.55 Cass
Timberlane PG (1947) 5.00
Flamingo Road PG (1949)

The Disney Channel
Kids' programmes from 7am,
except: 4.00 Film: Minutemen PG
(2008) Sci-fi comedy, starring Jason
Dolley. 8.00 Film: Cheetah Girls U
(2003) Comedy drama, starring
Raven-Symone.



Sky Movies Drama

6.00 Lured Innocence 15
(1999) 7.45 The Thing About
My Folks 12 (2005) 9.30 35MM
10.00 The Skulls 15 (2000)
12.00 Columbo: Murder,
Smoke and Shadows PG
(1989) With Peter Falk. 1.45
When Angels Come to Town
PG (2004) With Peter Falk.
3.30 Cocktail 15 (1988) With
Tom Cruise. 5.30 The Movie
Geek 6.00 Catch and Release
12 (2007) With Jennifer
Garner. 8.00 A Civil Action 15
(1998) With John Travolta.
10.00 Stomp the Yard 12
(2007) With Columbus Short.
12.00 The Doors 18 (1991)
With Val Kilmer. 2.30 Kiss the
Girls 18 (1997) With Morgan
Freeman. 4.30 Deep Family
Secrets PG (1997)

Sky Movies Comedy

6.15 The Duke U (1999) 7.50
Open Season PG (2006) 9.20
Parenthood 15 (1989) 11.30 Night
at the Museum PG (2006) With
Ben Stiller. 1.20 Run, Fat Boy,
Run 12 (2007) With Simon Pegg.

3.05 Rush Hour 3 12 (2007) With
Jackie Chan. 4.40 Open Season
PG (2006) With Martin Lawrence.
6.10 Night at the Museum PG
(2006) With Ben Stiller. 8.00 Run,
Fat Boy, Run 12 (2007) With
Simon Pegg. 9.45 Rush Hour 3
12 (2007) With Jackie Chan.
11.20 Parenthood 15 (1989) With
Steve Martin. 1.25 Running with
Scissors 15 (2006) With Joseph
Cross. 3.30 Farce of the Penguins
15 (2006) 4.55 The Duke U
(1999)

Sky Movies Action/Thriller

7.00 The X Files 15 (1998) 9.15
Final Approach 10.55 Final
Approach 12.35 Ransom PG
(1975) With Sean Connery. 2.25
Perfect Strangers 15 (2007) With
Halle Berry. 4.25 The X Files 15
(1998) With David Duchovny. 6.40
Sphere 12 (1998) With Dustin
Hoffman. 9.00 Sudden Death 18
(1995) With Jean-Claude Van
Damme. 10.55 Death Sentence
18 (2007) With Kevin Bacon. 12.45
Death Proof 18 (2007) With Kurt
Russell. 2.50 Gridlock'd 18 (1997)
With Tupac Shakur. 4.35 Ransom
PG (1975)

Sky Sports 1

6.00 World Sport 6.30 Football First
8.00 Football First 9.30 The Sunday
Supplement 11.00 Goals on Sunday
1.00 Live Football League, Norwich
City v Ipswich Town (Kick-off
1.15pm). 3.30 Live Super Sunday:
Everton v Aston Villa (Kick-off
4.00pm). 6.30 Super Sunday: The
Last Word 7.00 Live Spanish
Football. Real Betis v Espanyol.
8.00 Live Spanish Football. Real
Madrid v Sevilla (Kick-off 8.00pm).
10.00 Football Special 11.30 Super
Sunday: The Last Word 12.00
Spanish Football 2.00 Football
Special 3.30 Super Sunday: The
Last Word 4.00 Spanish Football

Sky Sports 2

6.00 Watersports World 7.00 Wild
Spirits 7.30 Spanish Football 9.00
Live Masters Football: The Malaysia
Cup. 12.00 World Sport 12.30 Live
European Rugby Union. Bath v
Glasgow Warriors (Kick-off
1.00pm). 3.00 Live European Rugby
Union. Clermont Auvergne v
Munster (Kick-off 3.00pm). 5.00
World Sport 5.30 NFL: Live Wire
6.00 Live NFL. New Orleans Saints
v Atlanta Falcons (Kick-off 6.00pm).
9.00 Live NFL. Buffalo Bills v Miami
Dolphins (Kick-off 9.05pm). 12.30
NFL: Top 10 1.15 Live NFL.
Baltimore Ravens v Washington
Redskins (Kick-off 1.15am). 4.20
Wild Spirits 4.50 Close

Sky Sports 3

6.00 European Hockey League 7.00
Squash 9.00 WWE: Afterburn 10.00
WWE: Vintage Collection 11.00
Racing News 11.30 Wild Spirits
12.00 Premier League Snooker 3.30
Wild Spirits 4.00 NFL: Total Access

5.00 WWE: Experience 6.00
European Hockey League 7.00 Wild
Spirits 7.30 Live Premier League
Snooker. The final from Norfolk.
10.00 WWE: Late Night - Afterburn
11.00 WWE: Vintage Collection 12.00
Masters Football 3.00 European
Hockey League 4.00 Squash

British Eurosport

6.00 Live Sailing. Coverage of the
Monsoon Cup. 8.30 World Rally
Championship 9.00 NEC Bike Show
10.00 Live Biathlon. World Cup
coverage from Ostersund. 10.45
Live Cross-Country Skiing. World
Cup coverage from La Clusaz,
France. 11.30 Ski Jumping 12.00
Live Biathlon. World Cup coverage
from Ostersund. 12.45 Live Ski
Jumping. World Cup coverage from
Trondheim. 2.30 Nordic Combined
Skiing 3.15 Biathlon 4.00 Biathlon
4.45 Live Alpine Skiing. The World
Cup meeting from Beaver Creek.
5.45 Live Alpine Skiing. World Cup
coverage from Lake Louise. 7.30
Live Alpine Skiing. The World Cup
meeting from Beaver Creek. 8.45
Wintersports Weekend 9.15 Live
Women's International Football: The
Under-20s World Cup final (Kick-off
9.30pm). 11.30 World Rugby
Championship 12.00 Wintersports
Weekend 12.30 Close

Sky Sports Xtra

6.00 Thinking Tackle 7.00 Premier
League Snooker 10.30 Pool 12.00
European Hockey League 1.00
NFL: Total Access 2.00 Squash
4.00 Pool 5.30 Airsports World 6.00
Masters Football 9.00 European
Rugby Union Special 12.00 Premier
League Snooker 2.30 European
Rugby Union Special 5.30 World
Sport

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BBC1

6.00 Breakfast. (T) 9.15 Hospital Heroes. (T) 10.00 Homes Under the Hammer. (R) (T) BBC News: Weather. (T) 11.00 Buy It, Sell It, Bank It! (T) 11.45 Cash in the Attic. (T) 1.00 BBC News: Weather. (T) 1.30 Bargain Hunt. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News: Weather: Regional News. (T) 3.05 CBeebies: Jakel! (R) (T) 3.25 CBBC: Uncle Max. (R) (T) 3.40 Watch My Chops. (R) (T) 3.50 The Secret Show. (R) (T) 4.05 The Slammer. (R) (T) The Owl. (R) (T) 4.35 Blue Peter. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson oversees the back-stabbing general knowledge quiz, as contestants try to weed out the weaklings and walk off with a cash prize. (T)

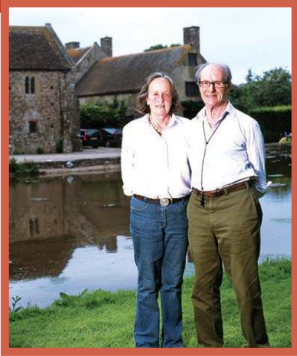
6.00 BBC News: Weather. (T)
6.00 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 EastEnders. Whitney finally tells Bianca the truth about Tony, confessing they have been in a secret relationship for three years. Denying all knowledge, he says the girl is lying, but Bianca overhears a conversation between the pair that confirms her fears and she threatens to call the police. (T) BBC News: Regional News. (T)

8.00 Holby City. Ric learns a drug-addicted patient was his late son Leo's partner. As Sam gets to know Kieron, he comes to realise what sacrifices his son is prepared to make for their relationship. It is Kyla's last day and Max has a surprise in store for her, while Linden begins to lose faith after spending the night at Callie's bedside. Daisha makes a big decision about baby Joe. (T)

9.00 Survivors. Abby believes her son may still be alive inside a nearby mansion, which has been taken over by a group of teenage boys. As she goes off to search for him, many of the others drift toward the security of Samantha's community with Tom seeing a chance for power. Greg and Anya are left to protect the survivors' house, but realise how vulnerable they are. Starring Julie Graham and Nikki Amuka-Bird. (T)

10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 FILM: The Perfect Storm (2000). Disaster drama, starring George Clooney; (T) Weatherview. (T)
12.40 Sign Zone: See Hear. (R) (T) 1.10 Sign Zone: Oceans. (R) (T) 2.10 Sign Zone: Looking for Dad. (R) (T) 3.10 Sign Zone: Helicopter Heroes. (R) (T) 3.55 BBC News. (T)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Pitt & Kanpor. (R) (T) 7.25 Newsround. (T) MySay. (R) (T) 7.30 Roar. (T) 8.30 CBeebies: Postman Pat: SDS. (R) (T) 8.45 Chuggington. (T) 9.00 Harry and Toto. (R) (T) 9.10 Mama Mirabelle's Home Movies. (R) (T) 9.20 Charlie and Lola. (R) (T) 9.30 Finley the Fire Engine. (R) (T) 9.45 The Koala Brothers. (R) (T) Fun with Phonics. (R) (T) 10.00 Something Special. (R) (T) 10.15 Get Squiggling. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Dangerous. (R) (T) 11.10 The Flintstones. (R) (T) 11.35 The Flintstones. (R) (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Out of the Blue. (T) 1.25 Coast. (T) 1.30 Real Rescues. (R) (T) 2.00 Gardeners' World Top Tips. (T) 2.30 Nature's Top 40. (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Fog It! (R) (T) 4.30 Step Up to the Plate. (T) 5.15 Bargain Hunt Famous Finds. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Delia. Desserts created using ready-made ingredients. Last in the series. (R) (T) 7.30 All Over the Shop. Geoff Burch helps failing businesses in Leeds. Last in the series. (T) 8.00 Natural World. The thriving cork harvesting industry in Portugal's Alentejo region. (T) 8.50 Badlands Raging Bulls. Male bison fight for the right to mate. (R) (T) 9.00 Horizon. The worldwide allergy epidemic. (T) 10.00 The Culture Show. The work of Australian director Baz Luhrmann. (T) 10.30 Newsnight. (T) Weather. (T) 11.20 Band of Brothers. (R) (T) 12.20 BBC News. (T) 3.55 Close.

Pick of the Day

Country House Rescue (C4, 9pm)

Renowned businesswoman Ruth Watson is back. The trouble-shooter who made her name as The Hotel Inspector now turns her attention to the owners of British stately homes and tells them how to diversify and raise cash, to secure the future of their properties for generations to come. Her first project is Cothay Manor, a superb example of medieval architecture. Built in 1485, the house is a treasure trove of original features, including valuable but un-restored wall-paintings, a stunning beamed Great Hall and 12 acres of landscaped gardens. Alastair and Mary-Anne Robb bought the place 15 years ago and have worked hard to restore the house to its former glory. In an attempt to raise revenue, they opened their alluring gardens to the public, but despite this, the Robbs have never made a profit. They also have to decide which of their four children will inherit the house, a decision which could leave an enormous tax bill legacy and cause a family row. Ruth wants to turn Cothay into a professional enterprise, but meets with resistance from Mary-Anne. With plans for toilets and tearooms causing controversy, they attempt to overcome their differences and transform Cothay into a sculpture park in time for a special garden party.

C4

6.10 The Hoobs. (R) (T) 6.35 Planet Cook. (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 7.55 Everybody Loves Raymond. (R) (T) 8.25 The Class. (R) (T) 8.55 Fat March USA. Overweight individuals walk from Boston to Washington DC. (T) 9.55 Charmed. (R) (T) 10.55 Charmed. (R) (T) 11.50 Supporting Acts. (R) (T) 12.00 News at Noon. (T) 12.30 Will & Grace. (R) (T) 1.00 FILM: Mary, Queen of Scots (1971). Historical biopic, starring Vanessa Redgrave. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Rights Universal. A former British soldier subject to a High Court injunction. (T) 8.00 How to Look Good Naked. The stylist revisits a former bouncer searching for her feminine side. (T) 9.00 Country House Rescue. New series in which trouble-shooter Ruth Watson offers her expert advice to owners of British stately homes. The first programme focuses on a 15th-century manor in Somerset. (T) 10.00 Man Hunters: Our Turkish Toyboys. Part two of two. A resort in Turkey home to a population of "toy boys". (T) 11.05 Special Needs Pets. (R) (T) 12.10 European Poker Tour. 1.15 KOTV Classics. (T) 2.15 Beach Volleyball. (T) 3.10 Adrenaline Rush. (R) (T) 3.35 KOTV. (T) 4.00 Ironman Triathlon. (R) 4.25 Ocean Race. 5.20 Freesports on 4. (T) 5.45 The Hoobs. (R) (T)

FIVE

6.00 Milkshake! 6.00 Angels of Jarm; (R) (T) Little Lodgers. (R) (T) 6.10 Chiro. (T) 6.15 Franny's Feet. (R) (T) 6.30 Fireman Sam. (R) (T) 6.40 The Beeps. (R) (T) 6.50 Bert and Ernie's Great Adventures. (R) (T) 6.55 The Adventures of Bottle Top Bill and His Best Friend Corky. (T) 7.10 Roary the Racing Car. (R) (T) 7.25 The Mr Men Show. (R) (T) 7.40 Make Way for Noddy. (R) (T) 7.55 Fifi and the Flowerlots. (R) (T) 8.10 Peppa Pig. (R) (T) 8.20 Thomas & Friends. (R) (T) 8.35 Rupert Bear. (R) (T) 8.45 Pocoyo. (R) (T) 8.55 The Milky and Shake Show. (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Behind Closed Doors. (R) (T) 12.30 Five News. (T) 12.45 Going for Gold. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Going for Gold Extra. (T) 3.10 FILM: Scandalous Me: The Jacqueline Susann Story (1998). Biopic of the author. Michele Lee stars. (T) 5.00 Five News with Matt Barbet; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (T) 7.00 Five News at 7. (T) 7.30 Highland Emergency. A rescue helicopter responds to a crash near Prestwick. (T) 7.30 Five News Update. (T) 8.00 Danger Men. Building turbines at one of America's biggest wind farms; (R) (T) 8.00 Five News at 9. 9.00 CSI: Miami. Alex's son is suspected of murder. (T) 10.00 CSI: NY. The team discovers a secret college society may be linked to the death of a student, while Angell and Danny try to find the murderer of a security guard. Nelly Furtado guest stars; (R) (T) Five News Update. (T) 11.00 CSI: NY. (R) (T) 12.00 FBI Files. (R) (T) 1.00 NBA Basketball. 4.10 Boxing USA. 4.45 Motorsport Mundial. 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.00 CITV: Jim Jam & Sunny. (R) (T) 5.10 Jim Jam & Sunny. (R) (T) 5.25 Engle Benly. (R) (T) 5.35 Captain Mack. (R) (T) 5.45 Meg & Mog. (R) 5.55 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 House Guest. (T) 2.30 Dickinson's Real Deal. (R) (T) 3.15 Spin Star. (T) 3.59 London Weather. (T) 4.00 Rosemary Shrager's School for Cooks. (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls before making the final choice of whether to share the jackpot or try to keep it for themselves. (T)

6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Matthew struggles to contain his guilt as Anna gives a speech at Donald's funeral, and is forced to ask her for a loan when he learns his family's business is in trouble. Jasmine resolves to take control of her life and decides to end her investigation into the MacFarlanes, while Gennie's nerves throw the choir's first gig into doubt. (T)

7.30 UEFA Champions League Live. Chelsea v CFR Cluj (Kick-off 7.45pm). Steve Rider is joined by Andy Townsend to introduce coverage of this evening's matchday six clash at Stamford Bridge. (T)

10.00 News at Ten and Weather. (T)
10.30 London News and Weather. (T)
10.40 UEFA Champions League Highlights. Craig Doyle introduces action from this evening's matchday six fixtures, including PSV Eindhoven v Liverpool at the Philips Stadium and Chelsea v CFR Cluj at Stamford Bridge. The Reds saw off their Dutch opponents 3-1 at Anfield on matchday two, while the Blues were held to a 0-0 draw by Cluj in Romania. Commentary by Clive Tyldesley, Peter Drury and John Rowling. (T)

12.00 Nightlywest with Steve Scott: Emergency. (R) (T) 12.50 Heist: (R) (T) ITV News Headlines. 1.40 Loose Women. (R) 2.30 The Jeremy Kyle Show. (R) (T) 3.20 ITV Nightscreen.

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LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Amor e Intrigas 1500 Paixões Proibidas 1545 Portugal no Coração 1805 O Preço Certo 1900 News 1945 Football: Basileia x Sporting 2130 Telerural 2200 Jogo Duplo 2300 Liga dos Últimos 0100 Impulse, film 0300 Portugal no Coração 0500 National Geographic: Eco-Engineering 0605 Nôs

RTP2
0715 Zig Zag 1400 Sociedade Civil 1530 Consigo 1600 Cuidado com a Lingua 1630 Euronews 1700 Zig Zag 1830 A Fé dos Homens 1900 2010 1945 Zig Zag 2045 My Name is Earl, series 2115 National Geographic 2200 News 2240 Private Practice, series 2330 Nuremberg: Nazis on Trial 0030 Notícias da Dois 0130 Stand Up 0230 0200 Remix Streets Voz 0230 Cámaras Clara 0340 2010 0415 Euronews 0545 Consigo 0615 A Fé dos Homens

SIC
0600 Sic Notícias 0800 Sic Kids 0930 Dia Em Grande 1000 Fátima 1300 News 1415 O Cravo e a Rosa 1500 Beleza Pura 1600 Contacto 1800 Rebelde Way 1900 Roda da Sorte 2000 News 2130 Tá a Gravar 2215 Podia Acabar o Mundo 2315 A Favorita 0030 CSI Las Vegas, series 0130 CSI Las Vegas, series 0230 Todos em Linha 0430 Ciranda de Pedra

TVI
0700 Diário Da Manhã 1015 Voz na TV 1300 News 1400 As Tardes da Júlia 1915 Morangos com Açúcar 2000 News 2115 Flor do Mar 2215 Feitiço de Amor 2315 Olhos nos Olhos 0015 Em Queda Livre, film 0245 Sempre a Somar 0415 TVI Negócios 0430 Hercules, mini-series 0530 Telesales

Best of the Rest

BBC3
7.00 Spendaholics 8.00 Dog Bortal 9.00 Last Man Standing 10.00 EastEnders 10.30 Grownups 11.00 Family Guy 11.25 Family Guy 11.45 Clone 12.15 Last Man Standing 1.10 Dog Bortal 2.10 Grownups 2.40 Clone 3.10 Spendaholics 4.05 The Last Millionaire 5.05 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 Versailles Stories 8.00 The Thirties in Colour 9.00 Stephen Fry: Guilty Pleasures 9.30 Only Connect 10.00 Return to Asthama Island 10.30 Charlie Brooker's Screenwipe 11.00 Hancock & Joan 12.30 Charlie Brooker's Screenwipe 1.00 Stephen Fry: Guilty Pleasures 1.30 Only Connect 2.00 Hancock & Joan 3.25 Only Connect 3.55 Close

ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.15 The Montel Williams Show 6.00 Judge Judy 7.10 Smallville 8.00 Take That Come to Town 9.00 Film: Total Recall 18 (1990) 11.20 Film: Terminator 2: Judgment Day 15 (1991) 2.00 Teleshopping 5.00 ITV2 Nightscreen

Sky1
1.00 Project Runway 2.00 UK Border Force 3.00 Cold Case 4.00 Stargate Atlantis 5.00 Malcolm in the Middle 5.30 Malcolm in the Middle 6.00 Malcolm in the Middle 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 Stargate Atlantis 9.00 Ross Kemp on Gangs 10.00 Prison Break 11.00 Alaska's Toughest Prison 12.00 Road Wars 1.00 Road Wars 1.50 Stargate

SG-1 2.40 Stargate SG-1 3.30 Caribbean Uncovered 4.20 Scare Tactics 4.45 America's Dumbest Criminals 5.10 Guilty!

G.O.L.D
1.20 Last of the Summer Wine 2.00 Last of the Summer Wine 2.40 Only Fools and Horses 3.50 My Family 4.25 To the Manor Born 5.00 As Time Goes By 5.40 What a Carry On! 6.20 Last of the Summer Wine 7.00 Last of the Summer Wine 7.40 Open All Hours 8.20 My Family 9.00 French and Saunders 9.55 Only Fools and Horses 11.05 The Royle Family 11.40 Gimme Gimme Gimme 12.20 French and Saunders 1.15 The Royle Family 1.55 Gimme Gimme Gimme 2.30 The Thin Blue Line 3.00 Close

TCM
1.00 Kiss Me Kate U (1953) 3.00 Light in the Piazza PG (1962) 4.50 Till the Clouds Roll By U (1946) 7.15 Tick Tick Tick PG (1970) 9.00 Point Blank 18 (1967) 10.40 Shaft in Africa 18 (1973) 12.35 Mr Ricco 15 (1975) 2.30 Wild Rovers 15 (1971) 5.00 The Scapegoat PG (1959)

The Disney Channel
Kids' programmes from 7am, except: 8.00 Film: Cow Belles U (2006) Disney drama, starring Alyson and Amanda Michalka.

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MOVIES

Sky Movies Drama

6.00 Stolen Youth 12 (1996) 7.30 All-American Girl: The Mary Kay Letourneau Story 15 (2000) 9.15 Alex Zane's Guest List 9.45 North Dallas Forty 18 (1979) 11.45 Columbo: Grand Deceptions PG (1989) With Peter Falk. 1.30 The Top 10 Show 1.45 The Capture of the Green River Killer 3.30 This Is My Father 15 (1998) With James Caan. 5.45 A Few Good Men 15 (1992) With Tom Cruise. 8.00 Atonement 15 (2007) With Keira Knightley. 10.15 The Departed 18 (2006) With Jack Nicholson. 12.45 2008 Bafta/LA Britannia Awards 2.00 Titus 18 (1999) With Anthony Hopkins. 4.45 35MM 5.15 Redemption of the Ghost PG (2001)

Sky Movies Comedy

6.25 On the Nose 15 (2000) 8.15 Stepping Out PG (1991) 10.10 Confessions of an Ugly Stepsister U (2001) 11.50 Bad Girls from Valley High 12 (2005) With Julie Benz. 1.20 School for Scoundrels 12 (2006) With Billy Bob Thornton. 3.05 Because I Said So 12 (2007) With Diane Keaton. 4.50 Detroit

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

Rock City 15 (1999) With Giuseppe Andrews. 6.30 Bad Girls from Valley High 12 (2005) With Julie Benz. 8.00 School for Scoundrels 12 (2006) With Billy Bob Thornton. 9.45 American Pie Presents: Beta House 18 (2007) With John White. 11.15 Because I Said So 12 (2007) With Diane Keaton. 1.00 Detroit Rock City 15 (1999) With Giuseppe Andrews. 2.40 American Pie Presents: Beta House 18 (2007) With John White. 4.10 Stepping Out PG (1991)

Sky Movies Action/horror

6.10 The Librarian: Return to King Solomon's Mines PG (2006) 7.55 Night of Terror 18 (2006) 9.30 Breach 12 (2007) 11.30 Fracture 15 (2007) With Anthony Hopkins. 1.30 Flags of Our Fathers 15 (2006) With Ryan Phillippe. 3.45 Excalibur 15 (1981) With Nigel Terry. 6.10 Fracture 15 (2007) With Anthony Hopkins. 8.05 Breach 12 (2007) With Chris Cooper. 10.00 War 18 (2007) With Jet Li. 11.50 Face 18 (1997) With Robert Carlyle. 1.40 RoboCop 2 18 (1990) With Peter Weller. 3.40 The Border 15 (1981) 5.35 The Librarian: Return to King Solomon's Mines PG (2006)

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Big League Weekend 2 10.30 Soccer AM: The Best Bits 5.00 NFL: Total Access 6.00 Mountain Bike World 6.30 Athletics 7.00 NFL 9.00 Bowls 11.00 Athletics 11.30 European Seniors Tour Golf 12.30 Bowls 2.30 Close

British Eurosport

7.30 Yoz Magazine 8.00 Eurogoals 8.45 Live Curling. Germany v Sweden. 11.00 UEFA Champions League 12.00 UEFA Champions League 1.15 Eurogoals 2.00 Live Curling. Germany v France. 4.00 Biathlon 4.30 Biathlon 5.00 Eurogoals 5.15 WATTS 5.45 Eurogoals 6.30 Timbersports Series 7.00 World Rally Championship 8.00 Live Boxing. Lukas Vilaschek v Robert Steigitz. 10.00 World Touring Car Championship 11.00 World Rally Championship 12.00 WATTS 12.30 Close

Sky Sports 2

6.00 Aerobics Oz Style 6.30 FEI Equestrian World 7.00 WWE: Afterburn 8.00 Show Jumping 9.00 British Rally Championship 10.00 World Motor Sport 12.30 Bowls 2.30 H2O Sports International 3.00 NFL 5.00 WWE: Smackdown 7.00 Live UEFA Champions League. Barcelona v Shakhtar Donetsk (Kick-off 7.45pm). 10.30 Poker Million 12.30 Sports Unlimited 1.30 Athletics 2.00 European Seniors Tour Golf 3.00 Poker Million 5.00 Close

Sky Sports 3

6.00 Close 8.00 Soccer AM: The Best Bits 9.00 Bowls 11.00 Racing News 11.30 Aerobics Oz Style 12.30



BBC1

6.00 Breakfast. (T) 9.15 Hospital Heroes. (T) 10.00 Homes Under the Hammer. (R) (T) BBC News; Weather. (T) 11.00 Buy It, Sell It, Bank It? (T) 11.45 Cash in the Attic: (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Jakarri! (R) (T) 3.25 CBBC: Uncle Max. (R) (T) 3.40 Watch My Chops. (R) (T) 3.50 The Secret Show. (R) (T) 4.05 Get 100! (T) The Owl. (R) (T) 4.35 Blue Peter. (T) 5.00 Newsworld. (T)

5.15 Weakest Link. Anne Robinson piles on the pressure in another round of the general knowledge contest. (R) (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 Dom's on the Case of Hospital Charges. Dominic Littlewood investigates how much money hospitals make out of car-parking fees and shops on site, which charge more for their high-street counterparts; (R) (T) BBC News; Regional News; Weather. (T)

8.00 Little Dorrit. Amy feels powerless to stop her father's mental decline as the constant reminders of his family's past send him hurrying back to Venice. Arthur learns the whereabouts of Miss Wade. (T)

8.30 Wild About Your Garden. Nick Knowles, Chris Beardshaw and Ellie Harrison head to a Birmingham plot with a prickly problem, where Ellie sees an opportunity to help a British garden favourite - the hedgehog. (T)

9.00 Jack: A Soldier's Story. One-off documentary in which reporter Ben Anderson highlights the plight of soldiers returning to everyday life in Army barracks after completing tours of duty. After witnessing the deaths of two comrades in Afghanistan, a 24-year-old lance corporal with an exemplary record returns to the UK for counselling. The effects of his harrowing experiences quickly take hold, and violent tendencies emerge, putting his career with the Grenadier Guards in jeopardy. (T)

10.00 BBC News. (T)

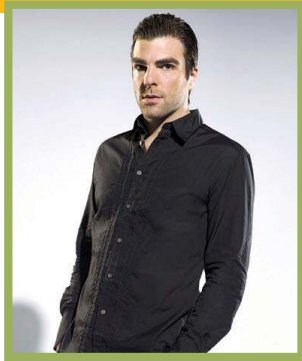
10.25 Regional News; Weather. (T)

10.35 The National Lottery Draws. Tom Jones performs his latest single If He Should Ever Leave You, and the balls are set rolling to decide the all-important numbers. Presented by Scott Mills. (T)

10.45 Medium. Allison's dreams help Scanlon find the killer of a local drug dealer and Joe's partnership with Meghan Doyle is put in jeopardy. Guest starring Miguel Ferrer and Kelly Preston. (T)

11.30 FILM: Phantoms (1998). Horror, starring Peter On'Toole; (T) National Lottery Update and Weatherview. (T)

1.05 Sign Zone: Stephen Fry in America. (R) (T) 2.05 Sign Zone: The American Future: A History, by Simon Schama. (R) (T) 3.05 Sign Zone: The People's Hospital. (R) (T) 3.35 Sign Zone: Indian Food Made Easy. (R) (T) 4.05 Sign Zone: Helicopter Heroes. (R) (T) 4.50 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Pitt & Kantrop. (R) (T) 7.25 Newsworld; (T) MySay. (R) (T) 7.30 Roar. (T) 8.30 CBeebies: Postman Pat: SDS. (R) (T) 8.45 Chuggington. (R) (T) 9.00 Harry and Toto. (R) (T) 9.10 Mama Mirabelle's Home Movies. (R) (T) 9.20 Charlie and Lola. (R) (T) 9.30 Finley the Fire Engine. (R) (T) 9.45 The Koala Brothers; (R) (T) Fun with Phonics. (R) (T) 10.00 Numberjacks. (R) (T) 10.15 Get Squiggling. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Wildlife on Two. (R) (T) 11.30 The Daily Politics. (T) 1.00 See Hear. (T) 1.30 Working Lunch. (T) 2.00 Gardeners' World Top Tips. (T) 2.30 Nature's Top 40. (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Step Up to the Plate. (T) 5.15 Bargain Hunt Famous Finds. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Top Gear. London mayor Boris Johnson is the Star in a Reasonably Priced Car. (R) (T) 8.00 Oceans. The crew embarks on a journey through the Mediterranean Sea, whose coasts are among the most densely populated in the world, to explore the profound effect that man has had. (T) 9.00 Heroes. Part two of two. Sylar and Elle face Noah's wrath. (T) 9.45 Heroes Unmasked. How the production team planned the scenes in Haiti. (T) 10.00 Outnumbered. Mum and Dad try to survive being trapped in a foreign airport. (R) (T) 10.30 Newsnight; (T) Weather. (T) 11.20 After Rome: Holy War and Conquest. (R) (T) 12.20 Long Way Down. (R) (T) 1.20 BBC News. (T) 4.50 Close.

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BBC1

6.00 Breakfast. (T) 9.15 Hospital Heroes. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 Buy It, Sell It, Bank It? (T) 11.45 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Jakers! (R) (T) 3.25 CBBC: Uncle Max. (R) (T) 3.40 Watch My Chops. (R) (T) 3.50 The Secret Show. (R) (T) 4.05 The Slammer. (R) (T) 4.35 Election. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Members of the public answer general knowledge questions against the clock, hoping to build a stack of cash and avoid being voted off. Anne Robinson presents. (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 The ONE Show. (T)

7.30 EastEnders. As the Square feels the effects of Whitney's revelation, Phil, Mack and Ian lead a group of angry locals to confront Lucas about his decision to hire Tony at the Community Centre. Bianca continues to struggle with the news and pushes Whitney to talk to the authorities, but the teenager vows never to speak about what happened; (T) BBC News; Regional News. (T)

8.00 Little Dorrit. The collapse of Mr Merdle's bank leaves the Dorrits ruined and Arthur in Marshalsea Debtors' Prison, where he falls gravely ill. As Amy cares for him, Rigaud re-emerges, ready to carry out his threat to Mrs Ciennam and reveal all he has learned about the two families. Last in the series, starring Matthew Macfadyen, Claire Foy, Tom Courtenay and Andy Serkis. (T)

9.00 Apparitions. A sinister apparition of the Virgin Mary begins haunting a youngster, and Jacob fears Satan is playing tricks on him, as he also claims to have seen images of his dead father suffering in Hell. Meanwhile, Sister Ruth visits Vincenzo in prison and discovers the truth about Michael, but is surprised when Bukovak seems unwilling to contact the police. Martin Shaw, Rick Warden and Jamie Blackley star. (T)

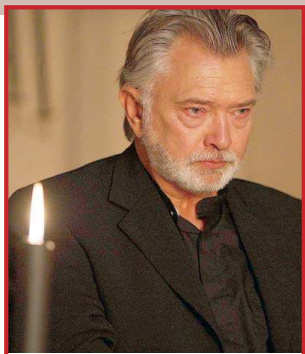
10.00 BBC News. (T)

10.25 Regional News; Weather. (T)

10.35 Question Time. (T)

11.35 This Week; (T) Skiing Weather. (T)

12.25 Sign Zone: Panorama. (R) (T) 12.55 Sign Zone: Watchdog. (R) (T) 1.25 Sign Zone: Countryfile. (R) (T) 2.20 Sign Zone: An Island Parish. (R) (T) 2.50 Sign Zone: Helicopter Heroes. (R) (T) 3.35 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Pitt & Kantrop. (R) (T) 7.25 Newsround; (T) MySay. (R) (T) 7.30 Roar. (T) 8.30 CBeebies: Postman Pat: SDS. (R) (T) 8.45 Chuggington. (R) (T) 9.00 Harry and Toto. (T) 9.10 Mama Mirabelle's Home Movies. (R) (T) 9.20 Charlie and Lola. (R) (T) 9.30 Finley the Fire Engine. (R) (T) 9.45 The Koala Brothers; (R) (T) Fun with Phonics. (R) (T) 10.00 Numberjacks. (R) (T) 10.15 Get Squiggling. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Dangermouse. (R) (T) 11.10 The Flintstones. (R) (T) 11.35 The Flintstones. (R) (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Out of the Blue. (T) 1.25 Coast. (T) 1.30 Real Rescues. (R) (T) 2.00 Gardeners' World Top Tips. (T) 2.30 Nature's Top 40. (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Step Up to the Plate. (T) 5.15 Bargain Hunt Famous Finds. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 James May's 20th Century. The emergence of the teenager as a consumer. (R) (T) 7.30 James May's 20th Century. Advances in urban living. Last in the series. (R) (T) 8.00 The Hair Bakers' Christmas Special. Dave Myers and Simon King cook for families spending yuletide apart. (T) 9.00 Never Mind the Buzzcocks. With guest team captain Omid Djalili. Last in the series. (T) 9.30 The Graham Norton Show. With actor Brendan Fraser. (T) 10.00 Lead Balloon. Rick has a humiliating experience at the theatre. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 Louis Theroux: Law and Disorder in Johannesburg. (R) (T) 12.20 Seven Days. (R) (T) 1.05 Seven Days. (R) (T) 1.50 BBC News. (T) 3.35 Close.

Pick of the Day

Apparitions (BBC1, 9pm)

If this supernatural drama is to be believed, exorcisms are 10-a-penny among people of faith. The reality is probably a million miles from what takes place here, but we have to admit, it makes for corking viewing. Here, Father Jacob (Martin Shaw) is approached by a young Muslim, Zaid (Jamie Blackley), who insists he keeps seeing visions of the Virgin Mary. The lad tells the priest he has been shown visions of his father suffering in Hell, but Jacob refuses to listen, thinking Satan is playing tricks on him. However, matters take a turn for the worse when Zaid holds his imam Ahmed (Hassani Shapi) hostage, demanding Jacob perform a reverse exorcism to free his father. While the priest hesitates, astonishingly, Bukovak (John Shrapnel) agrees to the ritual. Meanwhile, Sister Ruth (Siobhan Finneran) continues to try to find out the truth about Michael (Rick Warden), and visits Vincenzo (Luigi Diberti) in prison. He insists that although Michael was an innocent, he was responsible for Vimal's demise. The inquisitive nun tells both Jacob and Bukovak, but neither man of the cloth is in any hurry to involve the police. Why are they so reluctant?

C4

6.10 The Hoobs. (R) (T) 6.35 Planet Cook. (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 7.55 Everybody Loves Raymond. (R) (T) 8.30 The Class. (R) (T) 8.55 Fat March USA. (T) 9.55 Charmed. (R) (T) 10.55 Charmed. (R) (T) 11.50 Supporting Acts. (R) (T) 12.00 News at Noon. (T) 12.30 3 Minute Wonder: 12 Days of Christmas. (R) (T) 12.35 Supernanny USA. (R) (T) 1.30 FILM: Ladies in Lavender (2004). Premiere. Drama, starring Judy Dench. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Rights Universal. A Christian who campaigned to end an extremist's detention. Last in the series. (T) 8.00 A Place in the Sun: Home or Away. Properties in Somerset and southern France. (R) (T) 9.00 The Pregnant Man. Cutting Edge follows the story of Thomas Beatie's pregnancy. (T) 10.00 Star Stories. Spoof version of Heather Mills' life with Paul McCartney. (T) 10.35 Russell Brand's Ponderland. (R) (T) 11.10 Fonejacker. (T) 11.40 The Law of the Playground. (R) (T) 12.10 4Music: Mencia Music Presents Little Noise Sessions. 12.45 4Music: 4Play: Alphabeat. (R) (T) 1.10 Coming Up: The Thai Bride. (R) (T) 1.45 FILM: The Diary of a Chambermaid (1946). Drama, starring Paulette Goddard. (T) (bw) 3.15 Upstairs Downstairs Love. (R) (T) 4.15 Hill Street Blues. (R) 5.00 Countdown. (R) (T) 5.45 The Hoobs. (R) (T)

FIVE

6.00 Milkshake! 6.00 Angels of Jarm; (R) (T) Little Lodgers. (R) (T) 6.10 Chiro. (T) 6.15 Franny's Feet. (R) (T) 6.30 Fireman Sam. (R) (T) 6.40 The Beeps. (R) (T) 6.50 Bert and Ernie's Great Adventures. (R) (T) 6.55 The Adventures of Bottle Top Bill and His Best Friend Corky. (T) 7.10 Roary the Racing Car. (R) (T) 7.25 The Mr Men Show. (R) (T) 7.40 Make Way for Noddy. (R) (T) 7.55 Fifi and the Flowerpots. (R) (T) 8.10 Peppa Pig. (R) (T) 8.20 Thomas & Friends. (R) (T) 8.35 Rupert Bear. (R) (T) 8.45 Pocoyo. (R) (T) 8.55 The Milky and Shake Show. (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Behind Closed Doors. (R) (T) 12.30 Five Neighbours. (T) 12.45 Going for Gold. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Going for Gold Extra. (T) 3.10 Christy: Choices of the Heart. (R) (T) 5.00 Five News with Matt Barbet; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Vets in Action. (T) 7.00 Five News at 7. (T) 7.30 How Do They Do It? Producing petrol and diesel at one of the UK's largest oil refineries. Last in the series; (T) 7.30 Five News Update. (T) 8.00 Secrets of Egypt: Sphinx. Unravelling the mysteries of the statue; (T) 8.00 Five News at 9. 9.00 FILM: Bad Santa (2004). Premiere. A drunken crook takes a job as an in-store Santa to rob the shop, but a bullied kid and a security guard complicate matters. Black comedy, starring Billy Bob Thornton. (T) 11.05 Danger Men. (R) (T) 12.05 Quiz Call. 4.00 UEFA Cup Classics. 4.45 Wildlife SOS. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.00 CITV: Jim Jam & Sunny. (R) (T) 5.10 Jim Jam & Sunny. (R) (T) 5.25 Engie Benji. (R) (T) 5.35 Captain Mack. (R) (T) 5.45 Meg & Mog. (R) (T) 5.55 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (R) 1.30 ITV Lunchtime News. (R) 1.55 London News and Weather. (T) 2.00 House Guest. (T) 2.30 Dickinson's Real Deal. (R) (T) 3.15 Spin Star. (T) 3.59 London Weather. (T) 4.00 Rosemary Shrager's School for Cooks. (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls before making the final choice of whether to share the jackpot or try to keep it for themselves. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. As the day of the choir contest arrives, David and Pollard plan to sabotage their efforts and disgrace Nicola in the process, and Val agrees to mime while Gennie sings backstage. Rodney makes a final effort to persuade Lily to tell Edna about her condition, leading to a heartfelt moment between the two sisters. (T)

8.00 The Bill. Part two of two. Jo bonds with a teenager being groomed by the traffickers and Mickey leads a sting to catch the ringleader of the operation. But when the alarm is raised too early, they have insufficient evidence to hold their man, and news then reaches the police that the gang is moving a large group of girls to Glasgow. The race is on to track them down, but Jo's anxiety to save the children clouds her professional judgement. (T)

9.00 Real Crime: James Bulger - A Mother's Story. Mark Austin narrates the story of Denise Fergus's efforts to create a fitting memorial for her son, who was only two years old when he was abducted from a Merseyside shopping centre and murdered in February 1993. In the year of what would have been James's 18th birthday, Denise reveals why she is working toward something positive in his memory. (T)

10.00 News at Ten and Weather. (T)

10.30 London News and Weather. (T)

10.40 Comedy Classics: On the Buses. Repeated as a tribute to the late Reg Varney, a look back at the Seventies comedy revolving around lovable bus driver Stan Butler, his down-to-earth family, best friend Jack and their arch-enemy Inspector Blakeley. The programme also includes classic episode Brew It Yourself. Narrated by Ronni Ancona. (R) (T)

11.40 The Last Word.

12.10 Nightwatch with Steve Scott: Mystery. (R) (T) 1.05 Motorsport UK. (T) 1.30 QuinCY ME; (R) (T) ITV News Headlines. 2.20 Loose Women. (R) 3.10 The Jeremy Kyle Show. (R) (T) 4.05 ITV Nightscreen.

LOCAL

RTP1

0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Amora e Ingridas 1500 Paixões Proibidas 1545 Portugal no Coração 1800 Portugal em Directo 1900 O Preço Certo 2000 News 2100 Grande Entrevista 2135 Jogo Duplo 2235 Corredor do Poder 2315 Cristóvão Colombo - O Enigma, film 0100 Manoel de Oliveira, O Caso Dele 0200 Lackawanna Blues, film 0330 Portugal no Coração 0530 Euronews 0605 Nôs

RTP2

0715 Zig Zag 1400 Sociedade Civil 1530 Consólio 1600 Cuidado com a Língua 1630 Euronews 1700 Zig Zag 1830 A Fé dos Homens 1900 Iniciativa 1945 Zig Zag 2045 My Name is Earl, series 2115 National Geographic 2200 News 2240 Supernatural, series 2330 Balança & Contas 0030 Noites da Dois 0115 Universidades 0145 Remix Stand Ups 0215 Iniciativa 0300 Sociedade Civil 0430 Euronews 0530 Consólio 0615 A Fé dos Homens

SIC

0600 Sic Notícias 0800 Sic Kids 0930 Dia Em Grande 1000 Fátima 1300 News 1415 O Cravo e a Rosa 1500 Beleza Pura 1600 Contacto 1800 Rebelde Way 1900 Roda da Sorte 2000 News 2130 Tá a Gravar 2215 Podia Acabar o Mundo 2315 A Favorita 0045 CSI Las Vegas, series 0145 Cartaz Cultural 0230 Toky em Linha 0430 Ciranda de Pedra

TVI

0700 Diário Da Manhã 1015 Você na TV 1300 News 1400 As Tardes de Júlia 1700 Quem Quer Ganhar 1815 Morangos Com Açúcar 2000 News 2100 Flor do Mar 2145 Christmas Gala 0200 Cartaz das Artes 0230 Sempre a Somar 0345 Até que a Morte nos Separe 0400 TVI Negócios 0430 Hercules, mini-series 0530 Telesales

Best of the Rest

BBC3

7.00 The Best of Top Gear 8.00 Last Man Standing 9.00 Kill It, Cook It, Eat It: Christmas Special 10.00 EastEnders 10.30 The Real Hustle: High Stakes 11.00 Family Guy 11.25 Family Guy 11.45 Kill It, Cook It, Eat It: Christmas Special 12.45 Last Man Standing 1.40 The Real Hustle: High Stakes 2.10 The Last Millionaire 3.10 How to Rob a Bank 4.10 Dog Borstal 5.10 Close

BBC4

7.00 World News Today 7.00 Weather 7.40 The New Avengers 8.30 Beeching's Tracks 9.00 Growing Babies: Baby Brainpower 10.00 A Revolution in Childhood 11.30 Film: The Beat That My Heart Skipped 15 (2005) 1.15 Growing Babies: Baby Brainpower 2.15 A Revolution in Childhood 3.45 Growing Babies: Baby Brainpower 4.45 Close

ITV2

1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.15 The Montell Williams Show 6.00 Judge Judy 7.00 Smallville 8.00 Divas II 9.00 Film: The Bourne Identity 12 (2002) 11.20 Film: The Bourne Supremacy 12 (2004) 1.25 Teleshopping 4.25 ITV2 Nightscreen

Sky1

1.00 Project Runway 2.00 UK Border Force 3.00 Cold Case 4.00 Stargate Atlantis 5.00 Malcolm in the Middle 5.30 Malcolm in the Middle 6.00 Malcolm in the Middle 6.30 Futurama

7.00 The Simpsons 7.30 The Simpsons 8.00 Noel's Are You Smarter Than a 10 Year Old? 9.00 Bones 10.00 Cold Case 11.00 Fringe 12.10 Road Wars 11.10 Stargate SG-1 2.00 Stargate SG-1 2.55 Vanity Insanity 3.20 Vanity Insanity 3.45 The Real A&E 4.10 The Real A&E 4.35 Bite Size Brainiac 4.45 America's Dumbest Criminals 5.10 Guilty!

G.O.L.D

1.20 Last of the Summer Wine 2.00 Last of the Summer Wine 2.40 Only Fools and Horses 4.20 My Family 5.00 As Time Goes By 5.40 What a Carry On! 6.20 Last of the Summer Wine 7.00 Last of the Summer Wine 7.40 Open All Hours 8.20 My Family 9.00 Victoria Wood as Seen on TV 9.55 Only Fools and Horses 11.35 Gimme Gimme Gimme 12.15 Victoria Wood as Seen on TV 1.10 2point4 Children 1.50 Gimme Gimme Gimme 2.25 2point4 Children 3.00 Close

TCM

1.00 Interrupted Melody U (1955) 3.00 The Biggest Bundle of Them All PG (1968) 4.55 The Unsinkable Molly Brown U (1964) 7.10 The Secret of My Success PG (1965) 9.00 The Killer Elite 18 (1975) 11.10 Blow-Up 15 (1966) 1.10 Zabriske Point 15 (1970) 3.10 Brotherly Love 15 (1969) 5.00 The Two Mrs Carrolls PG (1947)

The Disney Channel

Kids' programmes from 7am, except: 8.00 Film: Go Figure U (2005) Teen movie, starring Jordan Hinson.

MOVIES

Sky Movies Drama

6.00 The Making of a Hollywood Madam: The Heidi Fleiss Story 15 (1996) 7.45 Undercover Angel PG (1998) 9.30 The Skulls 15 (2000) 11.30 Cleopatra 1.15 Columbo Cries Wolf PG (1990) With Peter Falk. 3.00 How to Make an American Quilt 12 (1995) With Winona Ryder. 5.00 The Day the Earth Stood Still Special 5.15 The Insider 15 (1999) With Al Pacino. 8.00 Great Expectations 15 (1998) With Ethan Hawke. 10.00 World Trade Center 12 (2006) With Nicolas Cage. 12.15 Bringing Out the Dead 18 (1999) With Nicolas Cage. 2.30 Whispers in the Dark 18 (1992) With Annabella Sciorra. 4.15 Malpractice PG (2001)

Sky Movies Comedy

6.45 The Most Fertile Man in Ireland 15 (1999) 8.25 Alex Zane's Guest List 8.55 Saving Grace 15 (1999) 10.30 As Good as It Gets 15 (1997) 1.00 Rush Hour 3 12 (2007) With Jackie Chan. 2.35 I'm Gonna Git You Sucka 15 (1988) With Keenen Ivory Wayans. 4.10 Swing 15 (1999) With Hugo Speer. 5.55 Ever After: A Cinderella Story PG (1998) With Drew Barrymore. 8.00 Rush Hour 3 12 (2007) With Jackie Chan.

Chan. 9.45 As Good as It Gets 15 (1997) With Jack Nicholson. 12.10 I'm Gonna Git You Sucka 15 (1988) With Keenen Ivory Wayans. 1.45 Swing 15 (1999) With Hugo Speer. 3.30 Saving Grace 15 (1999) 5.10 Expiration Date 12 (2006)

Sky Movies Action/Thriller

6.55 The Grissom Gang 18 (1971) 9.15 Walker, Texas Ranger: Trial by Fire 12 (2005) 11.00 Time Bomb 12 (2006) With Angela Bassett. 12.40 Ransom PG (1975) With Sean Connery. 2.30 35MM 3.00 The Grissom Gang 18 (1971) With Scott Wilson. 5.20 The Kingdom 15 (2007) With Jamie Foxx. 7.25 Time Bomb 12 (2006) With Angela Bassett. 9.00 300 15 (2006) With Gerard Butler. 11.00 The Kingdom 15 (2007) With Jamie Foxx. 12.55 Ong-Bak 18 (2005) With Tony Jaa. 2.50 Sacrifice 18 (2000) With Michael Madsen. 4.25 Ransom PG (1975)



SPORT

Sky Sports 1

6.00 Live Test Cricket. India v England. 12.00 FIFA Futsal Mundial 12.30 Transworld Sport 1.30 Live Rugby Union. Oxford University v Cambridge University (Kick-off 2.00pm). 4.00 Test Cricket. 6.00 Rugby Union 7.00 Test Cricket 9.00 TBA 11.00 Live Test Cricket. New Zealand v West Indies. Coverage continues on Sky Sports 3. 3.45 Live Test Cricket. India v England.

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Snow Adventures 7.00 WWE: Experience 8.00 European Tour Weekly 8.30 Live European Tour Golf. The Alfred Dunhill Championship. 10.30 Live Ladies European Tour Golf. The Dubai Ladies Masters. 1.30 Live European Tour Golf. The Alfred Dunhill Championship. 3.30 FIFA Futbol Mundial 4.00 Powerboating 5.00 NFL: Total Access 6.00 Snow Adventures 6.30 ATP Tennis 7.00 Premier League World 7.30 Live European Rugby Union. London Irish v Dax (Kick-off 7.45pm). 10.00 Rugby Union 11.00 Premier League World 11.30 ATP Tennis 12.00 NFL: Total Access 1.00 Live NFL. Chicago Bears v New Orleans Saints (Kick-off 1.15am). 4.30 Premier League World 5.00 Race World

Sky Sports 3

6.00 Good Morning Sports Fans 9.00 Transworld Sport 10.00 Powerboating 11.00 Racing News 11.30 Aerobics Oz Style 12.00 Watersports World 1.00 Poker Million 4.00 WWE Vintage Collection

5.00 Nature Boy Ric Flair: The Definitive Collection 6.00 The Dogs 6.30 Airsports World 7.00 Golf Night 9.00 Live Poker Million. The second semi-final of this year's event in London. 12.00 European Rugby Union 3.00 The Dogs 3.30 Sky Sports Classics 3.45 Live Test Cricket. New Zealand v West Indies.

British Eurosport

7.30 World Touring Car Championship 8.30 Live Curling. The European Championships. 10.00 World Rally Championship 11.00 Ski Jumping 12.30 Alpine Skiing 1.30 Alpine Skiing 2.30 Swimming 3.30 Live Swimming. The European Short Course Championships. 5.30 Eurogals 5.45 Figure Skating 7.45 Alpine Skiing 8.45 Boxing 10.45 Eurogals 11.00 UEFA Champions League 12.45 Close

Sky Sports Xtra

1.00 Ten Pin Bowling 2.00 NFL: Total Access 3.00 Watersports World 4.00 Race World 5.00 Netball 7.00 Live Mosconi Cup Pool. Day one of nine-ball pool's version of the Ryder Cup. 11.00 WWE: Late Night - Raw 2.00 Extreme Championship Wrestling 3.00 Poker Million

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BBC1

6.00 Breakfast. (T) 9.15 Hospital Heroes. (T) 10.00 Homes Under the Hammer. (R) (T) BBC News; Weather. (T) 11.00 Buy It, Sell It, Bank It? (T) 11.45 Cash in the Attic. (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Jakers! (R) (T) 3.25 CBBC: Uncle Max. (R) (T) 3.40 Watch My Chops. (R) (T) 3.50 The Secret Show. (R) (T) 4.05 The Revenge Files of Alistair Fury. (R) (T) 4.35 Dani's House. (T) 5.00 Newsround. (T)

5.15 Weakest Link. General knowledge quiz. (R) (T) 6.00 BBC News; Weather. (T) 6.30 Regional News Programmes; Weather. (T) 7.00 The ONE Show. (T) 7.30 A Question of Sport. Team captains Matt Dawson and Phil Tufnell are joined by French rugby star Raphaël Ibanez, Australian goalkeeper Mark Schwarzer, Paralympic champion David Weir and Olympic gymnastic bronze medalist Louis Smith. Sue Barker asks the questions. (T) BBC News; Regional News. (T) 8.00 EastEnders. Roxy receives the results of the DNA test confirming the identity of Amy's father and she gets to hold her baby for the first time. Denise feels more confident about her future with Lucas - and gives him an ultimatum when he announces he is closing the youth club. Pat tries to persuade Whitney to talk to the police. (T) 8.30 Parents of the Band. The teenagers embark on work experience with each other's parents. Jack finding out what it is like to be a lawyer. Granville spending time at Sandy's salon and Eddy learning how to build his own guitar. Meanwhile, Phil finds a pack of cigarettes in Jack's room and makes a deal to give up coffee if he son quits smoking. (T) 9.00 Have I Got News for You. Jerry Springer guest hosts the satirical current affairs quiz, with team captains Ian Hislop and Paul Merton. (T) 9.30 Gavin & Stacey. After a day spent house-hunting, the newlyweds take up an invitation from Nessa and Smiffy to have a trip to the bowling alley. However, when tensions between Gavin and Stacey reach a head at the end of the night, their two friends begin to regret making the offer. (T) 10.00 BBC News. (T) 10.25 Regional News; Weather. (T) 10.35 Live at the Apollo. With Sean Lock and Jason Manfred. (T) 11.20 The National Lottery EuroMillions Draw. Coverage of the draw. (T) 11.25 Not Going Out. Guy's presence in the flat continues to rile Lee and his distrust is fuelled further when he discovers his unwanted housemate turns a lap-dancing club. Tim's relationship turns sour. (R) (T) 11.55 FILM: Trespass (1992). Violent thriller, starring Bill Paxton; (T) Weatherview. (T) 1.40 Sign Zone: James May's Big Ideas. (R) (T) 2.40 Sign Zone: Horizon. (R) (T) 3.40 Sign Zone: Helicopter Heroes. (R) (T) 4.25 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Pitt & Kantrop. (R) (T) 7.25 Newsround; (T) MySay. (T) 7.30 Roar. (T) 8.30 CBeebies: Postman Pat: SDS. (R) (T) 8.45 Chuggington. (R) (T) 9.00 Harry and Toto. (R) (T) 9.10 Mama Mirabelle's Home Movies. (R) (T) 9.20 Charlie and Lola. (R) (T) 9.30 Finley the Fire Engine. (R) (T) 9.45 The Koala Brothers; (R) (T) Fun with Phonics. (R) (T) 10.00 Numberjacks. (R) (T) 10.15 Get Squiggling. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Dangermouse. (R) (T) 11.10 The Flintstones. (R) (T) 11.35 The Flintstones. (R) (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Out of the Blue. (T) 1.25 Coast. (T) 1.30 Real Rescues. (R) (T) 2.00 Gardeners' World Top Tips. (T) 2.30 Nature's Top 40. (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Step Up to the Plate. (T) 5.15 Bargain Hunt Famous Finds. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Last Orders: Calling Time on Pubs? Max Flint examines the future of British pubs, investigating why up to five establishments close down every day and the effects of the smoking ban, high rents and the credit crunch. (T) 7.30 Fossil Detectives. The country's best preserved dinosaur fossil. (R) (T) 8.00 Gardener of the Decade 2008. From the Eden Project in Cornwall. (T) 9.00 RAF at 90. Celebrating the anniversary of Britain's air force. (T) 10.30 Newsnight. (T) 11.00 Newsnight Review; (T) Weather. (T) 11.35 The Culture Show. (T) 12.20 Seven Days. (R) (T) 1.05 Seven Days. (R) (T) 1.50 FILM: A Game for Cultures (1979). Drama, starring Richard Harris. (T) 3.35 Close.

Pick of the Day

The World's Greatest Stand Up (C4, 10.40pm)

Britain might be a depressing place to live right now, what with the economic crisis and chilly weather getting the nation down. However, this one-off comedy show, which features a host of the world's top comedians performing at the Just For Laughs International Comedy Festival in Montreal, is just what the doctor ordered to beat the blues. Founded in 1983, the four-week festival plays host to some of the most talented established and up-and-coming comics in the world. Channel 4 are really spoiling viewers with this hour-long special, which boasts some truly memorable comic performances. Even the most miserable of individuals will be rolling around the floor as the likes of Lee Evans, Dara O'Briain, Dave Chappelle, Denis Leary, Dylan Moran, Omid Djalili and Tim Allen take to the stage and wow the audiences with some very diverse stand-up routines. With so many fantastic performances to choose from, viewers will be thanking their lucky stars they decided to stay in tonight as even the lesser known acts are well worth a look and give their more established colleagues a run for their money.

C4

6.10 The Hoobs. (R) (T) 6.35 Planet Cook. (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 7.55 Everybody Loves Raymond. (R) (T) 8.25 The Class. (R) (T) 8.55 Fat March USA. (T) 9.55 Charmed. (R) (T) 10.55 Charmed. (R) (T) 11.50 Supporting Acts. (R) (T) 12.00 News at Noon. (T) 12.30 Channel 4 Racing from Cheltenham. Including the 1.20 Glenfarclas Cross Country Handicap Chase. (T) 2.55 One Last Consonant Please Carol. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.35 Unreported World. Investigating the conditions of refugees in Yemen. (T) 8.00 Come Dine with Me. Kelly Barlow begins a week of dinner parties in Blackburn by providing commemorative T-shirts, and self-confessed Stafford wife Michelle Brandon tries to bring order to the table. (T) 9.00 Gordon Ramsay: Christmas Cookalong Live. Gok Wan joins the chef for a Christmas special. Last in the series. (T) 10.00 4Music: Peter Kay Presents Geraldine McQueen's Christmas Video Exclusive. First showing of the single. (T) 10.05 The IT Crowd. (T) **10.40 The World's Greatest Stand Up.** (T) 11.45 Star Stories. (R) (T) 12.20 4Music: Album Chart Show Special: Anthems. 12.50 4Music: JD Set Presents the Hosts. 1.10 Russell Crowe's South Sydney Story. 1.40 Russell Crowe's South Sydney Story. 2.10 Goalissimo. (T) 3.05 British Triathlon Grand Prix 2008. (R) (T) 3.30 Adrenalini Rush. (R) (T) 4.00 Transworld Sport. (R) (T) 4.55 Countdown. (R) (T) 5.40 Making It. (R) 5.45 The Hoobs. (R) (T)

FIVE

6.00 Milkshake! 6.00 Angels of Jarm; (R) (T) Little Lodgers. (R) (T) 6.10 Chiro. (T) 6.15 Franny's Feet. (R) (T) 6.30 Fireman Sam. (R) (T) 6.40 The Beeps. (R) (T) 6.50 Bert and Ernie's Great Adventures. (R) (T) 6.55 The Adventures of Bottle Top Bill and His Best Friend Corky. (T) 7.10 Roary the Racing Car. (R) (T) 7.25 The Mr Men Show. (R) (T) 7.40 Make Way for Noddy. (R) (T) 7.55 Fifi and the Flowertots. (R) (T) 8.10 Peppa Pig. (R) (T) 8.20 Thomas & Friends. (R) (T) 8.35 Rupert Bear. (R) (T) 8.45 Pocoyo. (R) (T) 8.55 The Milky and Shake Show. (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Behind Closed Doors. (R) (T) 12.30 Five News. (T) 12.45 Going for Gold. (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Going for Gold Extra. (T) 3.10 Christy: Choices of the Heart. (R) (T) 5.00 Five News with Matt Barbet; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Vets in Action. (T) 7.00 Five News at 7. (T) 7.30 Dermot Squad. The team demolishes a Birmingham tower block. Last in the series; (R) (T) 7.30 Five News Update. (T) 8.00 World's Strongest Man Super Series. From Madison Square Garden in New York; (T) 8.00 Five News at 9. 9.00 NCIS. A six-year-old boy claims his father has been kidnapped. The agents learn the missing man is an lieutenant commander, and that he has been working on a confidential report. (R) (T) 10.00 Law & Order: Special Victims Unit. Alfred Molina and Angela Lansbury guest star. (T) 11.00 Law & Order: Special Victims Unit. (T) 12.00 Quiz Call. 4.00 Wildlife SOS. (R) (T) 4.25 Royal Institution Christmas Lectures 2006. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

5.00 CITV: Jim Jam & Sunny. (R) (T) 5.10 Jim Jam & Sunny. (R) (T) 5.25 Engie Benji. (R) (T) 5.35 Captain Mack. (R) (T) 5.45 Meg & Mog. (R) (T) 5.55 TV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 House Guest. (T) 2.30 Dickinson's Real Deal. (R) (T) 3.15 Spin Star. (T) 3.59 London Weather. (T) 4.00 Rosemary Shrager's School for Cooks. (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls. (T) 6.00 London Tonight; Weather. (T) 6.30 ITV Evening News; Weather. (T) 7.00 Emmerdale. Pollard's offer for the church is accepted as friendships crumble in the village. Matt-Thomas is struck by guilt when Anna suggests loaning him money to save the Kings' business. (T) 7.30 Coronation Street. Tyrone tells Molly the truth. Audrey decides Maria needs medical help, and Eileen eagerly awaits the arrival of her dad. Meanwhile, Michelle makes Becky feel guilty. (T) 8.00 Airline. Rowdy Newcastle passengers are offloaded at Belfast and two girls who missed their flight to Basel find only one of them has been booked in for the transfer from Luton. (R) (T) 8.30 Coronation Street. Tony and Carla arrive back from honeymoon, oblivious to Maria's suspicions - until they listen to their answering machine. Audrey brings a doctor to see Maria, who refuses to admit that anything is wrong. Molly walks out on a devastated Tyrone, and Eileen's dad arrives in Weatherfield - where he makes straight for the Rovers and wastes no time in chatting up Rita. (T) 9.00 Midsomer Murders. Tommy Hicks of the Midsomer Yeomany finally has his name added to the Midsomer Parva war memorial, though he was shot for cowardice at the Somme in World War One. It becomes apparent that time has not healed the rift between his descendants and the residents of Hammond Hall, whose patriarch Duggie Hammond pulled the trigger on his comrade all those years ago. A drink-fuelled mock trial of retired colonel Henry Hammond leads to a killing and Tom Barnaby has to unravel the tangle of bitterness linking property developer Dave Hicks' brood with their neighbours. Drama, with John Nettles and Jason Hughes, guest starring Donald Sinden and George Cole. (R) (T) 11.00 The Late News and Weather. (T) 11.30 London News and Weather. (T) 11.45 FILM: Mad Dog and Glory (1992). Comedy drama, starring Robert De Niro. (T) 1.25 Planet Rock Profiles. (T) 1.50 Planet Rock Profiles. (T) ITV News Headlines. 2.20 FILM: Head Over Heels (2001). Romantic comedy, starring Monica Potter. (T) 3.45 ITV Nightscreen.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Amor e Intrigas 1500 Paixões Proibidas 1645 Portugal no Coração 1800 Portugal em Directo 1910 O Preço Certo 2000 News 2100 Os Contemporâneos 2145 Olha quem Dança! 2345 The Lost World: Jurassic Park, film 0130 Jurassic Park III, film 0315 Portugal no Coração 0500 Euronews 0530 Octopus Volcano
 RTP2
0715 Zig Zag 1400 Sociedade Civil 1530 Consigo 1600 Cuidado com a Língua 1630 Euronews 1715 Zig Zag 1830 A Fé dos Homens 1900 A Alma e a Gente 1945 Zig Zag 2015 My Name is Earl, series 2115 National Geographic 2200 News 2240 Lipstick Jungle, series 2330 European Film Awards 0045 Notem da Dois 0145 Palco 0315 Remix Stand Ups 0345 Sociedade Civil 0515 Euronews 0545 Consigo 0615 A Fé dos Homens
 SIC
0600 SIC Notícias 0800 Sic Kids 0930 Dia Em Grande 1000 Fátima 1300 News 1415 O Cravo e a Rosa 1500 Beleza Pura 1600 Contado 1800 Rebelde Way 1900 A Roda da Sorte 2000 News 2130 Tá a Gravar 2215 Podia Acabar o Mundo 2315 A Favorita 0030 CSI Las Vegas, series 0130 CSI Las Vegas, series 0230 Todos em Linha
 TVI
0700 Diário Da Manhã 1015 Vozê na TV 1300 News 1400 As Tardes de Júlia 1700 Quem Quer Ganha 1815 Morangos com Açúcar 2000 News 2145 Euronews 2200 Flor do Mar 2300 Feitico do Amor 2345 Olhos nos Olhos 0030 Dr Preciso de Ajuda 0230 Sempre a Somar 0330 Dinasty, film 0515 TVI Negócios 0530 Teleshais

Best of the Rest

BBC3

7.00 Doctor Who 7.50 Doctor Who Confidential 8.00 The Real Hustle: High Stakes 8.30 The Real Hustle: High Stakes 9.00 Britain's Missing Top Model 10.00 EastEnders 10.30 Family Guy 10.55 Family Guy 11.15 Two Pints of Lager and a Packet of Crisps 11.45 Two Pints of Lager and a Packet of Crisps 12.15 Grownups 12.45 Summer Heights High 1.10 The Real Hustle: High Stakes 1.40 Britain's Missing Top Model 2.40 Two Pints of Lager and a Packet of Crisps 3.10 Two Pints of Lager and a Packet of Crisps 3.35 Grownups 4.05 Clone 4.35 Close

BBC4

7.00 World News Today 7.00 Weather 7.30 BBC Radio 3 Choir of the Year 2008 9.00 Legends 10.00 Roy Sings Orblison 10.30 Who Is Kurt Wallander? 11.30 Charlie Brooker's Screenwipe 12.00 The New Avengers 12.50 The Avengers 1.40 BBC Radio 3 Choir of the Year 2008 3.10 Legends 4.10 Close

ITV2

1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.15 The Montel Williams Show 6.00 Judge Judy 7.00 Robyn: The Hot Desk 7.15 The X Factor 8.30 The X Factor - The Result 9.00 Film: The Bourne Supremacy 12 (2004) 11.10 Coronation Street 11.40 Coronation Street 12.10 Film: 8 Mile 15 (2002) 2.20 Teleshopping 5.20 ITV2 Nightscreen
 Sky1
1.00 Project Runway 2.00 UK Border Force 3.00 Cold Case 4.00 Stargate Atlantis 5.00 Malcolm in the Middle 5.30 Malcolm in the

Middle 6.00 Malcolm in the Middle 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Wayne Rooney's Street Striker 10.00 TV's 50 Hardest Men 12.00 Road Wars 1.00 Stargate SG-1 1.50 Stargate SG-1 2.40 Vanity Insanity 3.05 Vanity Insanity 3.30 The Real A&E 3.55 The Real A&E 4.20 Scare Tactics 4.45 America's Dumbest Criminals 5.10 Guilty! **G.O.L.D.**
1.20 Last of the Summer Wine 2.00 Last of the Summer Wine 2.40 Only Fools and Horses 3.50 My Family 4.25 dinnerladies 5.05 As Time Goes By 5.45 What a Carry On! 6.20 Last of the Summer Wine 7.00 Last of the Summer Wine 7.40 Open All Hours 8.20 My Family 9.00 The Royle Family 9.50 Only Fools and Horses 11.00 The Royle Family 11.40 Little Britain 12.20 The Royle Family 1.15 The Royle Family 1.55 Little Britain 2.30 Jim'll Fix It 1.55s Again 3.00 Close

TCM

3.00 Lady L U (1965) 4.55 The Great Caruso U (1951) 6.50 All the Fine Young Cannibals PG (1960) 9.00 Fame 15 (1980) 11.25 Victor/Victoria 12 (1982) 1.45 The Appointment 12 (1969) 3.40 San Quentin PG (1937) 5.00 High Wall PG (1947)

The Disney Channel

Kids' programmes from 7am, except: 6.05 Film: 'Twas the Night U (2002) Christmas comedy, starring Josh Zuckerman. 8.00 Film: Get a Clue U (2002) Children's adventure, starring Lindsay Lohan. 9.35 Film: 'Twas the Night U (2002) Christmas comedy, starring Josh Zuckerman.

MOVIES

Sky Movies Drama

6.00 Runnin' Home 15 (1999) 7.45 Julia Special 8.15 Onegin 12 (1999) 10.15 St Elmo's Fire 15 (1985) 12.15 Columbus: Agenda for Murder PG (1990) With Peter Falk. 2.00 The Movie Geek 2.30 The Trench 15 (1999) With Daniel Craig. 4.15 Candles on Bay Street PG (2006) With Alicia Silverstone. 6.00 Bobby 15 (2006) With Laurence Fishburne. 8.00 Gridiron Gang 12 (2006) With Dwayne Johnson. 10.10 Rumble Fish 18 (1983) With Matt Dillon. 11.50 Edison 15 (2005) With Morgan Freeman. 1.30 Body Count 18 (1998) With David Caruso. 3.00 My Kingdom 18 (2001) With Richard Harris. 5.00 A Father's Son PG (1999)

Sky Movies Comedy

6.55 Jett Jackson: The Movie PG (2001) 8.35 Continental Divide PG (1981) 10.25 Running with Scissors 15 (2006) 12.30 Alex Zane's Guest List 1.00 Norbit 12 (2007) With Eddie Murphy. 2.50 Employee of the Month 12 (2006) With Dane Cook. 4.50 So I Married an Axe Murderer 15 (1993) With

Mike Myers. 6.30 Idiocracy 15 (2006) With Luke Wilson. 8.00 Norbit 12 (2007) With Eddie Murphy. 9.45 Employee of the Month 12 (2006) With Dane Cook. 11.40 So I Married an Axe Murderer 15 (1993) With Mike Myers. 1.20 Idiocracy 15 (2006) With Luke Wilson. 2.50 Running with Scissors 15 (2006) With Joseph Cross. 4.55 Continental Divide PG (1981)

Sky Movies Action/Thriller

6.05 Uncommon Valor 15 (1983) 8.05 Once Upon a Time in the West 15 (1969) 11.00 Torn Curtain 15 (1966) With Paul Newman. 1.20 The Siege 15 (1998) With Denzel Washington. 3.25 Uncommon Valor 15 (1983) With Gene Hackman. 5.25 Consenting Adults 15 (1992) With Kevin Kline. 7.10 Nowhere to Run 15 (1993) With Jean-Claude Van Damme. 9.00 The Siege 15 (1998) With Denzel Washington. 11.00 Outlaw 18 (2007) With Sean Bean. 12.50 Nowhere to Run 15 (1993) With Jean-Claude Van Damme. 2.40 Nighthawks 18 (1981) With Sylvester Stallone. 4.25 Secret of the Andes PG (1998)

Sky Sports 1

6.00 Live Test Cricket. India v England. 12.00 TBA 2.00 Test Cricket 4.00 NFL 5.30 Test Cricket 7.30 Live European Rugby Union. Castres v Leicester (Kick-off 8.00pm). 10.30 Live Friday Fight Night. Nathan Cleverly v TBA. 12.30 Big League Weekend 11.30 Premier League Preview 2.00 Friday Fight Night 4.00 Live Test Cricket. India v England.

Sky Sports 2

6.00 Good Morning Sports Fans 8.00 Premier League World 8.30 Live European Tour Golf. The Alfred Dunhill Championship. 10.30 Live Ladies European Tour Golf. The Dubai Ladies Masters. 1.30 Live European Tour Golf. The Alfred Dunhill Championship. 3.30 Premier League World 4.00 Powerboating 5.00 Premier League World 5.30 Big League Weekend 1 6.30 Off The Bar 7.00 Premier League Preview 7.30 Golf Night 9.00 Test Cricket 11.00 Live Test Cricket. New Zealand v West Indies.

Sky Sports 3

6.00 WWE: Raw 9.00 TBA 11.00 Racing News 11.30 The Dogs 12.00 Nature Boy Ric Flair: The Definitive Collection 1.00 Poker Million 4.00 WWE: Raw 7.00 Live Poker Million. The final of the prestigious event in London. 11.00 Ocean Race 11.30 NFL Total Access 12.30 Tight Lines 1.30 European Rugby Union 4.30 Big League Weekend 15.30 Premier League Preview

British Eurosport

7.30 Luge 8.00 Live Swimming. The European Short Course

ITV1

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

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Hi There !



Aladin was brought at the sanctuary 3 weeks ago and I haven't found his owner. He might have been dumped in the street and I am sure he still can find a new loving

home. He has been wormed and deflead and he is castrated. Aladin will need time to adapt to a new home, he is affectionate but doesn't like other cats. Call Valérie for a visit 913 860 865 or 282 342 823 (evenings) lili10.evann@yahoo.fr



Aicha is a very young siamese cat. She is 6/8 months old and she is very sweet. She loves people and deserves a nice loving home. I don't have time enough to spend with her but maybe you do. Aicha has been wormed and deflead. She hasn't been spayed yet. Call Valérie for a visit 913 860 865 or 282 342 823 (evenings) lili10.evann@yahoo.fr



Rosy is one of the many puppies which are waiting for a nice loving home at the Sanctuary. They are many different sizes and colours. They are all wormed and deflead and some are vaccinated. Call Valérie for a visit 913 860 865 or 282 342 823 (evenings) lili10.evann@yahoo.fr



White boxer bitch ca. 3 years old abandoned on a building site is looking desperately for a new home. She is very friendly, but shy. Please contact Sylvia - T. 919 154 544. If you have a garden and want a pet or know of anyone who does, please call the number above.



SHIVA - needs a loving home. We found him 2 weeks ago in a very fearful and sorry state. We don't live here full time, but could not leave him. Shiva is medium size, about 1 year old, very lovable, gentle and quite happy outside in the garden. Shiva is fine with other dogs and happy in the car. He has been wormed and deflead and has now started to wag his tail and play ball. He is totally adorable and will love you forever ! Desperately needs a home before 20th December.

PLEASE CALL 915 544 704

Christmas Fun and Games



I know I end up doing a short piece about Christmas and pets every year—but having talked to several folk it was decided best to just recap. So here we go.



Chloe, Cleo and Merlin in festive mode!!

Stress, stress more stress. Extra visitors, children in hyper mode, corks popping, crackers, party poppers, phone ringing, door bells. It all happens in a busy house over Christmas. In the middle of this, we have some very confused dogs — and probably cats, but they would be sensible and hide in the wardrobe!! How on earth can we expect our dogs to be on their best behaviour when to all outward appearances their little world has collapsed in a heap. Someone is on 'their' chair, they are not allowed in the house because a visitor doesn't like dogs. All in all a nightmare time for our confused dogs. So a few little tips.

First and foremost food. I have always found it best to try and

stick with the normal food regime. Chocolate and raisins are a 'no no' unless doggy chocolate that is. And Cleo and Merlin that applies to the carobs as well. Turkey — now lots of my family members in the past have piled all left over Christmas duns on the dogs' plates as a treat for them. The result, invariably being, that dog or dogs proceeded to have a stomach upset of the most unpleasant nature which invariably involved me in the clear up process. This has now been banned!! As a precaution keep all food out of the way, and this goes for the tins of biscuits, nibbles and boxes of sweets. Edible tree decorations, even non edible tree decorations, guests should be warned to keep everything well away. I

well remember Brandy helping himself to a guest's birth control pills when left on the floor in a room with an open door. Plates, cups and drinks get put on the floor really, the self control is needed by a dog to avoid them yes, the more mature may ignore, but I defy the youngsters to, and a glass of sherry or baileys is not what the furry friends need.

It is a good idea to provide a safe, quiet area for the dogs to hide, like putting the doggy crate in a room protected by a kiddies gate. At least that gives them somewhere to call their own away from the mayhem that is sometimes a grown up Christmas.

Kids and dogs do not necessarily mix at Christmas time however as much as they may be best friends the rest of the year. Picture the new wooden train set, all set up across the floor, in bounds the dog and knocks it flying—even worse if a really expensive electric train set. The children will scream and the dog will wonder what on earth is going on, why is HIS floor full of something strange. So again, keeping the dog in a calm area would be better for all.

If you have more than one dog—as I seem to have!—you have

to watch if they do not all fall out over their presents, I suspect my two PWDs are the most likely candidates for that being Brother and Sister

The really best way to cope is to try and keep the dogs to their normal routine, breakfast of their normal food, followed by a walk. Cuddle up in their bed or crate whilst dinner is prepared, stop there while dinner is eaten. Another walk before dinner IF you are still that energetic. Make sure that the dogs know who is in charge at all times, they do not need to get all 'self important', I can imagine Merlin doing that and strutting around the house like Mr Big, me in charge.

Christmas in the Algarve is different, we always enjoy a beach visit with them, we often have lunch in the garden and perhaps, well not in this house anyway, the Christmas day is not quite the high stress level that perhaps it was in the UK.

Enjoy your days, doggies and grown ups and try and keep one step ahead and out of the Vets.

Protect your pet with knowledge. Knowledge is power and it could mean the difference between life and death.

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Jan Cobley

Paws 4 Pets 916 273 376

If you found or lost a pet, send a photo with details to:
copy@the-news.net or
raquel@the-news.net

LOST

Algarvean Mountain Dog



Disappeared on Wednesday, 29th October 2008
Location: Carvoeiro - Lagoa
Name: Koelo
Male, young, medium high, black and white dog.

When Koelo disappeared, he had a red collar with a telephone number. His coat is predominantly black, being white on his chest, tip of tail, paws, nose and between the eyes (just like in the photo - left). He is slim and long (weighed around 14Kg) and has a furry tail. He is very playful, loves children and very kind, but shy. I am afraid that he is far away, for he knew Carvoeiro well. If you have any information on Koelo's whereabouts, please call: T. 917 408 325 / inoitogi_93@hotmail.com info: http://www.encontrame.org/anuncio/5794



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Christmas Memories



For me, being a bit of an emotional person, Christmas brings back so many happy memories of past treasures. Some chaotic memories as well. Quick rundown.

Moppet, my first Old English Sheepdog had a first Christmas I will never forget and how I kept out of the divorce courts I do not know. Moppet was about 7 months old and should really have known better, BUT it has to be

said that I was at fault as I was young, silly and had not attended training classes. So — we attended a meal out on Christmas Eve, leaving Moppet and Brandy (Manchester Terrier) in the house for a couple of hours. That

actually passed with no serious problem. The next one was the one that broke the 'camels' back. Having returned home we then made a decision to attend the Midnight Carol Service. Whilst at home we had walked the dogs and I had put finishing touches to dinner for the next day. We were out at church for one hour. We returned back to a demolition zone. I rushed Jim to the safety of the television, children to bed and returned to count the damage. An impressive list! All the main cushions of the 3 piece suite were all over the floor in various stages of destruction, foam everywhere — it has to be said it was an expensive one. Obviously, the scattered cushions had joined the muddle on the floor, covers ripped. Move on to the kitchen. All food was right at the back of very high and wide working surfaces well — WAS, was certainly the word. Plates were over the floor, food eaten. Even plates had been taken off the back of the cooker. That was Christmas 1981 and never forgotten — very expensive.

My other memories are better, Moppet went on to be a well behaved and lovable OES, with many winning ways and he liked his Christmas presents, he would always unwrap them himself. Lennie gave me many happy memories — he seemed to get into his Christmas mode when the



This is Lennie, Maisie and Sandy at Lennie's birthday party just before Christmas one year. Memories and tears.

decorations went up and he and Sandy would get so hyped up about it all. He would start as I was writing the cards and wrapping the family presents — he would jump about, run off with things and generally add to the mayhem. I always used to do them stockings, wrap up dog biscuits, bonios, squeaky toys, pull toys. They used to know what was going on and would keep me amused for days as they rooted around the bottom of the tree to find their own 'presies'. So many traditions now lost as they have both gone to the rainbow bridge. I miss them both so much — all the time but these next few weeks are going to be difficult. Lennie, Sandy and Maisie all had Christmas hair bobbles — all of which I still have, they also had their Christmas hats and would spend happy moments trying to throw the hats off.

After lunch on Christmas Day there was always the rush for unwrapping presents and the dogs always had their own pile in front of them. We all then used to ban them from opening the others presents, so there was the surreal picture of Lennie, Sandy and Maisie sat there looking at us as if we were completely mad — which of course we were. Then they would spend the next hour

eating too much as everyone does, we used to ration them which just added to the chaos.

All of our dogs have managed to force a Christmas Day Vet visit on us over the years. Moppet decided to suddenly loose all power to stand up one year, so we had to call the Vet, off to him to find that it was Hip Dysplasia, I was told he had to lose half his body weight and he was put on meds and a diet. He got through another 5 years with it. Lennie, well he was very ill anyway with Auto Immune related issues, so anything hit him hard. A wonderful Christmas walk with them all one year along the sand dunes to the creek, they all went into the river, within 10 mins Lennie was heaving, we had to rush him to the Vets in a life and death situation, Julie drove me there and Lennie laid on my lap shaking violently and vomiting. Not nice, he was so ill. Another year, New Year 2003, just before we moved here, Lennie went into an Addison's Crisis on New Years Eve — for 4 hours I tried to contact the Vets, in desperation I had to ring another Vet who was fantastic. It turned out my Vets receptionist had brilliantly given the wrong mobile number to the answering service. They thought it was a

quiet night — however the person did lose the job over it. I was lucky as I knew how to deal with an Addison's Crisis so was able to deal with it myself, it was scary but we coped.

Since being here we had to, one year, rush Julie's GSD Jess to the Vet as she had wandered out of the gate, (after guests had left it open) — she had been poisoned. So, again off to the Vets at 15.00pm on Christmas day, thank you to Claudia for being there!

This year will be a strange one. First Julie and family will be with friends. Second, obviously we are missing Lennie and more recently Sandy and Maisie. Third we will have a new puppy running around, she will be adjusting to life and no doubt the rest of them will be adjusting to the extra member of the family. We actually intend to pile all furry friends in the car and go to one of our favourite beaches with a picnic.

Happy memories are the best and in time we remember them without sadness — I am not there yet!

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Joaninha: two weeks ago a volunteer from Bianca shelter saw this female of 4 months being thrown out of a car on a national road. She immediately stopped her car and ran to save her. Fortunately the dog did not have anything broken. No one else stopped. Joaninha is now with us, the Bianca shelter in Sesimbra waiting, like many others, for a good

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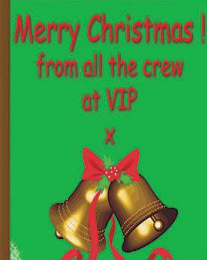
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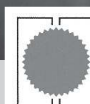
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ST MARIA, São Pedro do Estoril Catholic Service in English every Sunday at 10.15 Tel. 21 467 3771

OCEAN CHRISTIAN COMMUNITY - An International Spirit-filled Church serving the Linha de Cascais area. Small group bible studies meet regularly. Join us for Sunday worship with a contemporary style at the Hotel Saboia, Rua Belmonte, No. 1, Estoril. For more information contact us at 21 9282019

INTERNATIONAL BAPTIST CHURCH OF LISBON 11.30am English worship service in the facilities of the Terceira Igreja Evangélica Baptista de Lisboa. Location: Rua Filipe Folque, 36, 1st Floor, 1050 Lisbon. Rev. Josep Ian Monoh

BAPTIST MISSION - Esgueira (Aveiro) Traditional Baptist church service in English on Sunday at 8pm. Contact: Pastor David Loop Tel 965-363-986

GREATER GRACE WORLD OUTREACH has Live (and archived) upbeat and inspiring Worship Services available for free viewing thru their website www.ggw.org - the site also gives contact info for their ministries in northern and southern Portugal. Check it out and be blessed

RIVERSIDE INTERNATIONAL CHURCH Office: Rua São José 178, 1.º d.º, Fontainhas, 2750-134 Cascais, Phone: 21 483 6590, Fax: 21 483 6592. Church: ABLA (next to Riviera Hotel), Praceta Infante D. Henrique, N.º 80, Quinta do Junqueiro, 2775-584 Carcavelos. We are an interdenominational Christ-centered, contemporary, caring & culturally relevant church meeting at ABLA in Carcavelos each Sunday at 9.00am in Portuguese and 11.00am in English. Creche, children and youth ministries provided.

THE DOOR Christian International Church - meets at Cidade Desportiva, Praceta Carlos Capitulo, Loja "B" Massama / Queluz, every Sunday at 10.30am and 7.00pm - all welcome. For more information call Pastor Frank Escobar at 21-467-3386 or Mobile 919 686 683 God Bless!

CHAPELOFST.PIUSX-PRIORADO S.PIUSX, Estrada de Chelas, 31, 1900 Lisboa, Tel.(21) 814 3591. Latin Tridentine Mass, Lisbon every Sunday at 11am. Rosary before Mass, confessions also available. Monforte (Alestejo) also 2nd & 4th Sundays, 6.30pm. Resident Priest:

Ernesto Cardoso

ST GEORGE'S CHURCH, LISBON (Church of England). Rua S. Jorge. Enter through British Cemetery gate opposite Jardim da Estrela. Sunday School. Service 11.30am every Sunday. Tel. 21 4692303

ST PAUL'S CHURCH, ESTORIL (Church of England). Av. Bombeiros Voluntários 59 (behind Hotel Sana Estoril). Sunday School. Service 9.30am every Sunday. Tel. 21 4692303

ST. MARY'S, S. PEDRO DO ESTORIL 368 Rua do Mural, Mass each Sunday and Holyday 10.15am Tel. 21 467 3771

ST. ANDREW'S CHURCH OF SCOTLAND (PRESBYTERIAN) Rua Arriaga, 13, Lisbon: Sun. 11.00. Minister's Tel: 214 837 885, www.standrews-lisbon.com.sapo.pt

CASCAIS INTERNATIONAL CHRISTIAN CHURCH Av. de Sintra, N.º 1154, Cascais (Tel: 21 486 1856). Sunday English worship 10.30 Portuguese at 17.30. An international evangelical fellowship, nursery provided, children's church programme, mid-week bible studies.

THE SALVATION ARMY, LISBON Reboloira Corps (Praceta Alameda Negreiro, Lote 213 Loja D do Exército 11 A); Chelas Corps (Rua Rui de Sousa, Lote 65 A loja C); Laranjeiras Corps (Barro de Laranjeiras). At all these corps: Morning Service 9.30am Salvation Meeting 5.00pm Picheleira Corp Rua Capitão Roby, Picheleira, Lisbon (21 805708).

IGREJA DE CRISTO (CRISTA) Carcavelos, Rio de Moura & Lisbon. At all three centres, services in Portuguese, bilingual counselling. (Tel: 21 2451596).

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IGREJA BATISTA de Queluz (close to Cascais) Rua Carlos Santos 86, Queluz Near the Olympic Stadium off the A5. Tel: 214 172 087. Sunday Service: English 10.15 / Portuguese 12.00 Prayer and Bible Study: Thursday 8pm Traditional Baptist Service in English followed by Sunday School.

JEHOVAH'S WITNESSES - Public Talk in English. Rua João de Deus, 76, Sintra. (Behind Sintra train station). Sunday 3pm. Tel: 214 690 600. No collection.

JEHOVAH'S WITNESSES - Public Talk in English. Rua da Barroca, 122 (Bairro Alto), Lisbon. Saturday 6.30pm. Tel: 213 421 604. No collection.

The Algarve

CHURCH OF ENGLAND ST. VINCENT'S ANGLICAN CHAPLAINCY Holy Communion every Sunday in our three congregations: 11.30am

St Luke's, Monte de Palhaqueira, Gorjões (Near Sta Barbara). Contact Sandra 289 791 699 & 91905559. 9.30am Igreja N Sra de Fátima. EN125 between Quatro Estradas & Almancil. Contact Rosie 289 328 302. 8.00am and 12noon Igreja N Sra da Luz, Praia da Luz (near Lagos) with Sunday School. Contact Joyce 282 788104. More info: www.stvincentsalgarve.org

ALL SAINTS ANGLICAN CHURCH, ALGARVE - Contemporary, Evangelical worship. Sundays: Holy Communion Service with Creche and Adventurers. 10.30am Community Centre, Almancil (ASCA - Associação Social e Cultural de Almancil). Service in Lagoa at Lagoa Convent Chapel 6pm. Details from 282 380311 or www.allsaintsalgarve.org. See our website for dates of Services of Holy Communion.

CENTRO CRISTÃO FONTE DE VIDA Penacostal Church, Silão do Paul, Estrada do Sargacal, Sargacal 8800 Lagos. Apartado 4388601/905. Fridays Youth meeting at 09.00 p.m. Sundays 10.00 a.m. Tel: 282 764 040 Fax: 282 799 518 Website www.fontevida.org

THE SALVATION ARMY in São Bras de Alportel will hold on the 1st Sunday of each month an International Worship Service at the Salvation Army Citadel in São Bras at 5pm, Rua 25 de Abril, nº 19 (next to the Market).

CATHOLIC MASS every Sunday partly in English - 11am, at St. Lourenço Church - Almancil - 6.30pm, at Four Seasons Country Club - Quinta do Lago - Almancil. Further information, please contact the International Catholic Community of Almancil (Griseida Neto on 966168120 or Vitor onvgn@dompor.com).

INTERNATIONAL CHRISTIAN FELLOWSHIP in Portimão invites you to attend its services in English on Sundays at 11am. Sunday School for children. Av. 25 de Abril 117, R/C-D1 Portimão. Bible study on Tuesdays; 10.45 for 11 am at "The Bridge" (A Ponte) in the Cedipraca Shopping Centre near the church. Tel 282 461 985

LIVING HOPE BAPTIST CHURCH English speaking services every Sunday 5 p.m. About 1000 North of bullring circle in Albufeira. For more information contact pastor Mark: 964860765. E-mail: pastor@bev.pt

CHURCH IN ALJÉZUR/VALE DE TELHA. Our mission: Matthew 28:18-20 (An outreach from Church in Lagos) Call Stefan Saunders (Pastor) mobile 963 165 983.

INTERNATIONAL COMMUNITY CHURCH in Lagos invites you to attend its services in English on Sundays at 11.00am. Sunday School for children. Urbanização Vila Praia da Dona Ana, Lote 11B, 8600 Lagos (50 metres from the Hotel Golfinho). Tel: 282-086804 or 282-697546.

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LAGOA CHRISTIAN FELLOWSHIP An International English speaking church. Contemporary worship and Christ-centred study of the Bible. "God Squad" for kids, toddler thru pre-teen. Service every Sunday 11am to 12.30pm. Portuguese translation available. Address: EN125 - Vale de Louzas, Alcantarilha. Next to Auto Heat, SACL & Centro de Lareiras. Pastor Alípio Amaral Tel 282 381347. Visit our website at www.lagoafellowship.com

TAVIRA CHRISTIAN CENTRE Meetings in English, Sundays at 10.30 am at 126 Rua Almirante Cândido Reis. Full programme and further details from Jackie 281 322 857. Geoff 969 100 121 or Maria 968 380 044. E-mail: jackieandmo@yahoo.co.uk

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ROMAN CATHOLIC ST. ANDREWS, PENINA R.C. Mass in English every Saturday 6pm. St. Andrews Church, Penina. For further information, please contact Padre Manuel 282 459151

SALVATION ARMY Service Sundays at 10.45am in Portuguese. Bible studies for children, adolescents and adults in Portuguese starting at 9.30 until 10.30. Rua 25 de Abril, nr. 19, São Brás de Alportel

EREVSHABAT - For services Tel: 282 416710

JEHOVAH'S WITNESSES - Public Talk in English. The New Kingdom Hall of Jehovah's Witnesses, 25 Largo Emgebeiro Sarrea Prado, Portimão (Next door to the University). Saturday 4pm. Tel: 282 485 485. No collection.

JEHOVAH'S WITNESSES - Public Talk in English. Rua Bartolomeu Dias, Albufeira. (Next to the Junta da Freguesia). Sunday 1pm. Tel: 282 442 279. No collection.

ENGLISH SERVICES IN OPORTO - GREATER GRACE now has contemporary worship in Porto as of 1/18! Featuring uplifting music and insightful biblical teaching, our meetings take place in the Sala Grande at Hotel Peninsular, Rua Sá da Bandeira, 21 (behind the McDonald's in the Praça de Liberdade) while we continue our search for a permanent location. Service time is 16h (other service times are being considered for 2008). More information is available on www.NovaAurora.com, by email to nova.aurora@clix.pt or by calling 91 711 2736. We are also looking for reinforcements for our worship team, so come and meet us. More information about Greater Grace, including live and archived services, can be seen at www.ggw.org.

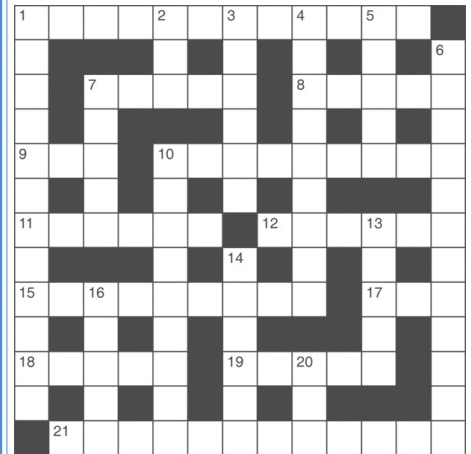
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ST. JAMES'S CHURCH, ANGLICAN CHAPLAINCY OF OPORTO. Largo da Maternidade, Júlio Dinis. Sun. 11am Details from Chaplain (22) 609 1006. www.stjamesoportoprio.org

THE SALVATION ARMY OPORTO Pereira Corps (Av. Vasco da Gama No: 675-2 E Ramalde). Service 10am, Salvation Meeting 5.00pm. Coloras Corps. (Av. dos Bombeiros Voluntários, Tel: 22 929 1077) Sun. 10am. Thurs 4.00pm Ladies Home League Meeting.

JEHOVAH'S WITNESSES - Public Talk in English. Praça Don Afonso V, 168. Sunday 10.30am. Tel: 226 160 976. No collection.

CALDAS DA RAÍNA ANGLICAN EVENING WORSHIP IN ENGLISH. At 6.00pm on the first Sunday of each month, except in August and January. Held in the Evangelical Baptist Church, Rua Dr. José Saurade e Silva 27/29 (between Caldas da Rainha Railway Station and "Pingo Doce". All welcome.

The Portugal News
Crossword No. 221

QUICK CLUES

ACROSS

1. Prodigality (12)
7. Navy (5)
8. Grieve (5)
9. Dog (3)
10. Middle (9)
11. Powerful (6)
12. Blunt (6)
15. Forbearance (9)
17. Useless (3)
18. Ancient (5)
19. Deduce (5)
21. Unending (12)

DOWN

1. Freeing (12)
2. Wonder (3)
3. Shrewd (6)
4. Excellent (9)
5. Induce (5)
6. Autonomy (12)
7. Leading (5)
10. Lack of knowledge (9)
13. Beneath (5)
14. Weak (6)
16. Burdened (5)
20. Jollity (3)

QUICK SOLUTIONS Nº: 220

Across: 4 Gateway; 8 Earned; 9 Affront; 10 Outlay; 11 Upgroar; 12 Vicarage; 18 Interval; 20 Regale; 21 Fondle; 22 General; 23 Pistol; 24 Feather.

Down: 1 Revolve; 2 Protect; 3 Repair; 5 Affluent; 6 Errors; 7 Annual; 13 Alienate; 14 Avidity; 15 Elderly; 16 Severe; 17 Patent; 19 Exotic.

"Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God." - Colossians 3:16



Focus

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 - Prayer
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Do-It-Yourself

Home ownership is a lot of fun but it can also involve a lot of work. Many people save money by handling as many of the repairs and household projects as they can, without hiring a professional. At the library or any large bookstore, you can find a variety of Do-It-Yourself manuals that will walk you step by step through building a new bathroom, finishing a basement or rewiring your house. Now days you don't even have to leave home to find the instructions you need. The help you need is as close as your internet connection.

Some people take this do-it-yourself thing to far. They create their own God. Newsweek magazine ran a report about a youth pastor who asked the teenagers in his church who they think God is. One said God is like his grandfather: "He's there, but

I never see him." Another described God as an evil being who continually wants to punish people. The report concluded with one girl sharing that everyone's idea about God is correct because it is an expression of their personal belief.

Many people today believe that God is not real, but a figment of a weak man's imagination. How sad it is to take a look around and see that the ideas expressed by this youth group are shared by millions of people around the world. Many people who learned about the God of the Bible have decided they don't like what they were taught. It has become common practice to re-design or re-configure who God is so that he fits into one's own humanitarian mind set.

Do we decide who God is by taking a poll? Is He a storybook character we can make up as we

go along? This create-your-own deity idea is increasingly popular today. It is man's way of soothing his conscience but it is extremely dangerous. It robs us of knowing who our heavenly Father really is - as described in Scripture. He is, after all, the One who made heaven and earth (Psalm 146:6) and the only true God (John 17:3). Why not examine the Scriptures and find out who God really is? Don't stop there. Establish a relationship with God through His Son, Jesus. The infinite God cannot be measured by finite man.

"He made heaven and earth, the sea, and everything in them. He keeps every promise forever." Psalm 146:6

More information about how to have a relationship with God can be found at www.rbc.orgpersonal_relationship_with_god/page



Upward Glance

with Joyce Voelker

Announcements

LONELY? BORED? Come and join out happy helpers and fund-raisers, 3 to 4 hours a week (or more!) Our charity shops welcome you. Every Euro raised goes to animals rescued from distress. Call Nan Richards at the Donkey Sanctuary in Estômbar for details of our work. Tel.: 962 633 811.

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home 'Quintinha dos
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receives part of the shops
profits. Any help appreci-
ated. Lesley - mobile 962 414
584.

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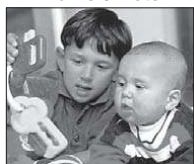
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‘Counting’ traffic lights a success in Viseu



Viseu is the first city in the country to implement pedestrian traffic lights that count down the number of seconds remaining until the traffic light changes to green and the flow is released.

Local authorities say the lights have been praised by pedestrians and drivers alike, and more are to be erected around the City before the end of the year.

Widely used in Northern Europe, these traffic lights were part of a pioneering experimental phase in Viseu which due to its success looks set to stay.

Viseu deputy Mayor Américo Nunes explained “We went ahead with the experiment in the middle of the City and the outcome was very positive. At this moment we are extending the project to other sensitive areas”.

“We noticed that, whilst crossing, people adopt a different posture. The pedestrian, when he sees that there are only one or two seconds remaining for crossing, he opts to wait as opposed to dashing across”, said Deputy Mayor Nunes.

He added “the driver, in turn, calmly puts the car into first after resting his feet instead of brusquely accelerating as he knows how long there is left to wait”.

This avoids drivers keeping their foot on the clutch which means cars rotate faster, producing more CO2 and other harmful gases. According to Américo

Nunes, the units are also cost-effective to buy.

Timers are set to where there is a greater mass of pedestrians. In busier areas the pedestrian is given longer to cross, as “the pedestrian is our priority”, said Mr. Nunes.

Viseu City Hall has already been approached by other municipalities looking to obtain more information about chronometers for traffic lights.

Said Américo Nunes, “As the product is not yet well-known on the national market we are using City Hall’s standard cooperation to promote it amongst others”.

Photo right: A horse and cart passes by traffic lights in Viseu showing new technology which indicates the time lapse before the next colour change. (Photo: Lusa / Paulo Novais)



New EU prize for literature

The European Commission revealed earlier this week it is launching a new European Union prize for contemporary literature.

The aim of the prize is to put the spotlight on the creativity and diverse wealth of

Europe’s contemporary literature, to promote more circulation of literature within Europe and encourage greater interest in non-national literary works. The first Prize will be awarded in the autumn of 2009.

Almost 30 percent use Internet banking

In the enlarged European Union, 60 percent of households had access to the Internet during the first quarter of 2008, compared with 54 percent during the first quarter of 2007, and 48 percent had a broadband Internet connection, compared with 42 percent in 2007.

This data published by Eurostat represents only a small part of the results of a survey on Information and Communication Technologies (ICT) usage in

households and by individuals in the EU27 Member States, Norway, Iceland and Croatia.

As well as Internet use and broadband connections, the

survey also covers other indicators such as e-shopping, e-government, and advanced communication and content related services.

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Golden boy wins Golden Ball



Cristiano Ronaldo added the Golden Ball trophy to his list of football honours this week. Above, he kisses the 'Golden Boot' trophy awarded to the best striker in Europe (31 goals with the Manchester United vest) in Madeira on 13th September 2008. (Photo: Lusa / Gregório Cunha)



Manchester United's Portuguese international Cristiano Ronaldo added the Golden Ball (Ballon d'Or) trophy to his list of football honours this week, becoming only the third player ever to win the best world player award and the European Golden Boot in a single season.

Cristiano Ronaldo described the honour by France Football magazine as "one of the happiest days" of his life, underlining that he won the prize against "other great names", like Argentina's Lionel Messi and Spain's Fernando Torres.

In announcing its yearly pick of the world's best player in Paris, France Football said its poll of French sports journalists gave the 23-year-old Ronaldo 446 points (from a maximum of 480) to 281 for Messi and 179 for Torres.

No footballer had combined the Golden Ball and European Golden Boot titles in one season since German goal-scoring machine Gerd Muller in 1970.

"I'm only 23, it's incredible", Ronaldo said when informed of his triumph, noting he had only begun his career six years ago at age 17.

"But it's fantastic, as is the fact that other great names were on the list this year", he said, adding that he had never doubted he would win as he was "conscious of what I'd accomplished during the season".

Thanking his fellow players for having helped make him "better", Ronaldo said a "dream had finally come true", but that Tuesday's training session at Manchester would be "the same" as always.

Top Portuguese officials were quick to applaud the distinction saying the Golden Ball title should serve as a stimulus for the

player and Portuguese football in general.

National coach Carlos Queiroz, a former coach of Ronaldo at Manchester United, expressed his "personal pride and happiness" at the honour bestowed on the Portuguese star by France Football magazine.

"I hope this prize symbolises a career full of personal and collective successes" for the 23-year-old player, who had long viewed the Golden Ball as "a dream and ambition", Queiroz said.

In turn, the President of the Portuguese Football Federation, Gilberto Madail, praised Ronaldo, expressing hope the honour would also serve as "a comfort" and "incentive for Portuguese football", as well as stimulus for Ronaldo to press forward to "more joys like this".

"This is a special day for Portuguese football", Madail said. Laurentino Dias, Lisbon's state secretary for youth and sports, described the choice of Cristiano Ronaldo as "an honour for Portugal", applauding the player for having followed in the footsteps of fellow countrymen Luis Figo and Eusébio in winning the prestigious title.

"Ronaldo is an excellent example of someone who not only was born with a vocation for football, but of one who worked very hard to affirm himself in the difficult world of international football", Dias said.

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Leixões stay top

Benfica had their chance to take the lead in the Liga Sagres last weekend and all seemed to be going their way when Leixões tied with Naval and they were beating Vitória Setúbal 2-1 on the 90th minute. The victory would have put them one point in the lead but Quim made a disastrous mistake and the game ended with a draw on the 93rd minute.

Despite being second in the Liga Sagres, Benfica's latest performances have been atrocious and last weekend's draw was the end of Quim Flores' patience as he had to compose himself for a few minutes before facing the press after the match. Benfica's tenth round game ended in tears as Vitória de Setúbal equalised in the final attack of the game, all thanks to goalkeeper Quim. The goalkeeper's recent matches have been a living nightmare; he has conceded thirteen goals in as many days. In Portugal's match against Brazil he let six slip past

him, in Benfica's UEFA Cup match, against Olympiakos, he let another five in and last Monday another two goals, one being a massive mistake, were scored against him. It is almost certain he has lost his position on the first team and has made Benfica's hopes of progressing in the UEFA Cup very dim as they are relying on results from two different matches to get through to the following stage.

In other matches in the Liga Sagres, results were more or less as expected: FC Porto beat Académica 2-1; Sporting had an easy victory against Vitória de Guimarães (2-0) and closed the gap from the leaders as Leixões drew against Naval with one goal each.

This weekend Sporting face Estrela Amadora, Vitória de Setúbal play FC Porto at home, Benfica have an away game against Marítimo and Vitória de Guimarães play League leaders Leixões.

SUPERLEAGUE FIXTURES DAY 11

MATCH	DATE	TIME	TV
Amadora-Sporting	Friday	20h30	SportTV
Nacional-Belenenses	Saturday	18h00	SportTV
Académica-P. Ferreira	Saturday	18h30	
Setúbal-FC Porto	Saturday	20h30	SportTV
Rio Ave-Naval	Sunday	16h00	
Marítimo-Benfica	Sunday	19h15	RTP 1
Guimarães-Leixões	Monday	17h30	SportTV
Trofense-Braga	Monday	19h45	SportTV

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